


# Fitness October

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		<b>1</b> 9:00 Spin (Carol) 10:30 Fit For Life (Carol) 5:30 Cardio Acceleration (Rissa) 6:30 Zumba (Emily)	<b>2</b> 9:30 Power Camp / Kettlebell (Carol) 10:30 iTone (Rissa) 10:45 C. Silver Sneakers (Carol) 5:15 Power Yoga (Amy)	<b>3</b> 9:00 Body Pump Flex and Define (Carol) 10:30 Fit for Life (Carol) 5:30 Cardio Acceleration (Rissa) 6:30 Zumba (Emily)	<b>4</b> 9:00 Zone Tone (Carol) 10:30 iTone (Rissa) 10:45 Silver Sneakers (Carol) 5:30 iSweat (Rissa)	<b>5</b>
<b>6</b>	<b>7</b> 9:00 Barre (Danielle) 10:00 Form and Feeling (Danielle) 10:30 iTone (Rissa) 5:00 Yoga (Amy) 6:00 Zumba Express (Emily)	<b>8</b> 7:00 Zumba (Rudy) 9:00 Spin (Carol) 10:30 Fit For Life (Carol) 5:30 Cardio Acceleration (Rissa) 6:30 Zumba (Emily)	<b>9</b> 9:30 Power Camp / Kettlebell (Carol) 10:30 iTone (Rissa) 10:45 C. Silver Sneakers (Carol) 5:15 Power Yoga (Amy)	<b>10</b> 7:00 Zumba (Rudy) 9:00 Body Pump Flex and Define (Carol) 10:30 Fit for Life (Carol) 5:30 Cardio Acceleration (Rissa) 6:30 Zumba (Emily)	<b>11</b> 9:00 Zone Tone (Carol) 10:30 iTone (Rissa) 10:45 Silver Sneakers (Carol) 5:30 iSweat (Rissa)	<b>12</b> 9:00 Zumba (Rudy)
<b>13</b>	<b>14</b> 9:00 Barre (Danielle) 10:00 Form and Feeling (Danielle) 10:30 iTone (Rissa) 5:00 Yoga (Amy) 6:00 Zumba Express (Emily)	<b>15</b> 7:00 Zumba (Rudy) 9:00 Spin (Carol) 10:30 Fit For Life (Carol) 5:30 Cardio Acceleration (Rissa) 6:30 Zumba (Emily)	<b>16</b> 9:30 Power Camp / Kettlebell (Carol) 10:30 iTone (Rissa) 10:45 C. Silver Sneakers (Carol) 5:15 Power Yoga (Amy)	<b>17</b> 7:00 Zumba (Rudy) 9:00 Body Pump Flex Define (Carol) 10:30 Fit for Life (Carol) 5:30 Cardio Acceleration (Rissa) 6:30 Zumba (Emily)	<b>18</b> 9:00 Zone Tone (Carol) 10:30 iTone (Rissa) 10:45 Silver Sneakers (Carol) 5:30 iSweat (Rissa)	<b>19</b> 9:00 Zumba (Rudy)
<b>20</b>	<b>21</b> 9:00 Barre (Danielle) 10:00 Form and Feeling (Danielle) 10:30 iTone (Rissa) 5:00 Yoga (Amy) 6:00 Zumba Express (Emily)	<b>22</b> 7:00 Zumba (Rudy) 9:00 Spin (Carol) 10:30 Fit For Life (Emily) 5:30 Cardio Acceleration (Rissa) 6:30 Zumba (Emily)	<b>23</b> 9:30 Power Camp / Kettlebell (Carol) 10:30 iTone (Rissa) 10:45 Silver Sneakers (Carol) 5:15 Power Yoga (Amy)	<b>24</b> 7:00 Zumba (Rudy) 9:00 Body Pump Flex Define (Carol) <b>HALLOWEEN SPOOKTACULAR CLOSED AT 11:00AM</b>	<b>25</b> 9:00 Zone Tone (Carol) 10:30 iTone (Rissa) 10:45 Silver Sneakers (Carol) 5:30 iSweat (Rissa)	<b>26</b> 9:00 Zumba (Rudy)
<b>27</b>	<b>28</b> 9:00 Barre (Danielle) 10:00 Form and Feeling (Danielle) 10:30 iTone (Rissa) 5:00 Yoga (Amy) 6:00 Zumba Express (Emily)	<b>29</b> 7:00 Zumba (Rudy) 9:00 Spin (Carol) 10:30 Fit For Life (Carol) 5:30 Cardio Acceleration (Rissa) 6:30 Zumba (Emily)	<b>30</b> 9:30 Power Camp / Kettlebell (Carol) 10:30 iTone (Rissa) 10:45 Silver Sneakers (Carol) 5:15 Power Yoga (Amy)	<b>31</b> 7:00 Zumba (Rudy) 9:00 Body Pump Flex Define (Carol) 10:30 Fit for Life (Carol) 5:30 Cardio Acceleration (Rissa)	