



October



Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 9:00 Barre (Shannon) 10:30 Chair Yoga (Amy) 10:30 iTone (Rissa) 4:50 Yoga (Amy) 7:00 Barre (Shannon)	2 9:00 Spin (Carol) 10:30 Fit For Life (Carol) 5:30 Cardio Acceleration (Rissa)	3 6:45am Yoga (Amy) 9:30 Power Camp/ Kettlebell (Carol) 10:30 iTone (Rissa) 10:45 C. SilverSneakers (Carol) 5:15 Power Yoga (Amy)	4 9:00 Body Pump (Carol) 10:30 Fit for Life (Carol) 5:30 Cardio Acceleration (Rissa)	5 9:00 Zone Tone (Carol) 10:30 iTone (Rissa) 10:45 MSROM Silver-Sneakers (Carol) 12:15 Yoga (Shannon) 5:30 iSweat (Rissa)	6
7 	8 9:00 Barre (Shannon) 10:30 Yoga (Shannon) 10:30 iTone (Rissa) 4:50 No Class 7:00 Barre (Shannon)	9 9:00 Spin (Carol) 10:30 Fit For Life (Carol) 5:30 Cardio Acceleration (Rissa)	10 6:45am No Class 9:30 Power Camp/ Kettlebell (Carol) 10:30 iTone (Rissa) 10:45 C. SilverSneakers (Carol) 5:15 Yoga (Shannon)	11 9:00 Body Pump (Carol) 10:30 Fit for Life (Carol) 5:30 Cardio Acceleration (Rissa)	12 9:00 Zone Tone (Carol) 10:30 iTone (Rissa) 10:45 MSROM Silver-Sneakers (Carol) 12:15 No Class 5:30 iSweat (Rissa)	13
14	15 9:00 No Class 10:30 Chair Yoga (Amy) 10:30 iTone (Rissa) 4:50 No Class 7:00 Barre (Shannon)	16 9:00 Spin 10:30 Fit For Life (Shannon) 5:30 Cardio Acceleration (Rissa)	17 6:45am No Class 9:30 Power Camp/ Kettlebell (Carol) 10:30 iTone (Rissa) 10:45 C. SilverSneakers (Carol) 5:15 No Class	18 9:00 Body Pump (Carol) 10:30 Fit for Life (Carol) 5:30 Cardio Acceleration (Rissa)	19 9:00 Zone Tone (Carol) 10:30 iTone (Rissa) 10:45 MSROM Silver-Sneakers (Carol) 12:15 Gentle Yoga (Amy) 5:30 iSweat (Rissa)	20
21	22 9:00 Barre (Shannon) 10:30 Chair Yoga (Amy) 10:30 iTone (Rissa) 4:50 Yoga (Amy) 7:00 Barre (Shannon)	23 9:00 Spin (Carol) 10:30 Fit for Life (Carol) 5:30 Cardio Acceleration (Rissa)	24 6:45am Yoga (Amy) 9:30 Power Camp/ Kettlebell (Carol) 10:30 iTone (Rissa) 10:45 C. SilverSneakers (Carol) 5:15 Power Yoga (Amy)	25 9:00 Body Pump (Shannon) Community Center Closes at 10am For Halloween Event	26 9:00 Zone Tone (Shannon) 10:30 iTone (Rissa) 10:45 MSROM Silver-Sneakers (Danielle) 12:15 Gentle Yoga (Amy) 5:30 iSweat (Rissa)	27
28	29 9:00 Barre (Shannon) 10:30 Chair Yoga (Amy) 10:30 iTone (Rissa) 4:50 Yoga (Amy) 7:00 Earn Your Pumpkin (Shannon)	30 9:00 Spin (Carol) 10:30 Fit For Life (Shannon) 5:30 Cardio Acceleration (Rissa)	31 6:45am Yoga (Amy) 9:30 Power Camp/ Kettlebell (Carol) 10:30 iTone (Rissa) 10:45 C. SilverSneakers (Carol) 5:15 Power Yoga (Amy) Halloween			