

# October 2015

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						
<b>4</b> 9:00 Power Pump (Danielle) 10:30 Chair Yoga (Amy) 4:00 iMove (Rissa) 4:50 Yoga (Amy)	<b>5</b> 9:00 Power Pump (Danielle) 10:30 Chair Yoga (Amy) 4:00 iMove (Rissa) 4:50 Yoga (Amy)	<b>6</b> 9:00 Bike/Sculpt (Carol) 9:30 On The Ball (Jacob) 10:30 Fit For Life (Carol) 11:00 C Training (Taylor) 12:15 Yoga/Pilates (Simon) 4:30 Fun Run (Jacob)	<b>7</b> 6:45am Yoga (Amy) 9:00 Power Camp/ Kettlebell (Carol) 10:30 iTone (Rissa) 10:45 C. SilverSneakers (Carol) 4:00 iTone (Rissa) 5:15 Power Yoga (Amy)	<b>8</b> 9:00 Body Pump (Carol) 10:30 Fit for Life (Carol) 11:00 Cross Training (Taylor) 12:15 Yoga (Amy) 5:00 Pull (Jacob)	<b>9</b> 6:45am Yoga (Amy) 9:00 Zone Tone (Carol) 10:30 iTone (Rissa) 10:45 MSROM Silver-Sneakers (Carol) 12:00 Chair Yoga (Amy) 5:15 iTone (Rissa)	<b>10</b>
<b>11</b> 9:00 Power Pump (Danielle) 10:30 Chair Yoga (Amy) 4:00 iMove (Rissa) 4:50 Yoga (Amy) 6:30 Zumba (Brooke)	<b>12</b> 9:00 Power Pump (Danielle) 10:30 Chair Yoga (Amy) 4:00 iMove (Rissa) 4:50 Yoga (Amy) 6:30 Zumba (Brooke)	<b>13</b> 9:00 Bike/Sculpt (Carol) 9:30 On The Ball (Jacob) 10:30 Fit For Life (Carol) 11:00 C Training (Taylor) 12:15 Yoga/Pilates (Simon) 4:30 Fun Run (Jacob)	<b>14</b> 6:45am Yoga (Amy) 9:30 Power Camp/ Kettlebell (Carol) 10:30 iTone (Rissa) 10:45 C. SilverSneakers (Carol) 4:00 iTone (Rissa) 5:15 Power Yoga (Amy)	<b>15</b> 9:00 Body Pump (Carol) 10:30 Fit for Life (Carol) 11:00 Cross Training (Taylor) 12:15 Yoga (Amy) 5:00 Pull (Jacob)	<b>16</b> 6:45am Yoga (Amy) 9:00 Zone Tone (Carol) 10:30 iTone (Rissa) 10:45 MSROM Silver-Sneakers (Carol) 12:00 Chair Yoga (Amy) 5:15 iTone (Rissa) 6:30 Zumba (Brooke)	<b>17</b> 
<b>18</b> 9:00 Power Pump (Danielle) 10:30 Chair Yoga (Amy) 4:00 iMove (Rissa) 4:50 Yoga (Amy)	<b>19</b> 9:00 Power Pump (Danielle) 10:30 Chair Yoga (Amy) 4:00 iMove (Rissa) 4:50 Yoga (Amy)	<b>20</b> 9:00 Bike/Sculpt (Carol) 9:30 On The Ball (Jacob) 10:30 Fit For Life (Carol) 11:00 C Training (Taylor) 12:15 Yoga/Pilates (Simon) 4:30 Fun Run (Jacob)	<b>21</b> 6:45am Yoga (Amy) 9:00 Power Camp/ Kettlebell (Carol) 10:30 iTone (Rissa) 10:45 C. SilverSneakers (Carol) 4:00 iTone (Rissa) 5:15 Power Yoga (Amy)	<b>22</b> 9:00 Body Pump (Carol) 10:30 Fit for Life (Carol) 11:00 Cross Training (Taylor) 12:15 Yoga (Amy) 5:00 Pull (Jacob)	<b>23</b> 6:45am Yoga (Amy) 9:00 Zone Tone (Carol) 10:30 iTone (Rissa) 10:45 MSROM Silver-Sneakers (Carol) 12:00 Chair Yoga (Amy) 5:15 iTone (Rissa) 6:30 Zumba (Brooke)	<b>24</b>
<b>25</b> 9:00 Power Pump (Danielle) 10:30 Chair Yoga (Amy) 4:00 iMove (Rissa) 4:50 Yoga (Amy)	<b>26</b> 9:00 Power Pump (Danielle) 10:30 Chair Yoga (Amy) 4:00 iMove (Rissa) 4:50 Yoga (Amy) 6:30 Zumba (Brooke)	<b>27</b> 9:00 Bike/Sculpt (Carol) 9:30 On The Ball (Jacob) 10:30 Fit For Life (Carol) 11:00 C Training (Taylor) 12:15 Yoga/Pilates (Simon) 4:30 Fun Run (Jacob)	<b>28</b> 6:45am Yoga (Amy) 9:00 Power Camp/ Kettlebell (Carol) 10:30 iTone (Rissa) 10:45 C. SilverSneakers (Carol) 4:00 iTone (Rissa) 5:15 Power Yoga (Amy)	<b>29</b> No Classes Halloween Event	<b>30</b> 6:45am Yoga (Amy) 9:00 Zone Tone (Carol) 10:30 iTone (Rissa) 10:45 MSROM Silver-Sneakers (Carol) 12:00 Chair Yoga (Amy) 5:15 iTone (Rissa) 6:30 Zumba (Brooke)	<b>31</b> 