




















# October Fitness Classes (ACTIVITY CENTER)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<b>STRENGTH</b> 6-7am		<b>STRENGTH</b> 6-7am		
<b>EASY DOES IT</b> 9-10AM TAICHI	<b>EASY DOES IT</b> 9-10AM 	<b>TOTAL BODY</b> 9:30-10:30am	<b>EASY DOES IT</b> 9-10AM 	 <b>INTERVAL</b> 9:30-10:30am	
	<b>BALL</b> 10-10:30AM	Restorative <b>YOGA</b> 10-10:45am	<b>BALL</b> 10-10:30AM		
<b>EASY DOES IT</b> HII-LO 10:35-11:35am	<b>EASY DOES IT</b> CHAIR/MAT 10:35-11:35am	<b>EASY DOES IT</b> STRENGTH 10:35-11:35am	<b>EASY DOES IT</b> ROTATION 10:35-11:35am	<b>EASY DOES IT</b> TAI CHI 10:35-11:35am	
CHILDCARE 3-8pm	CHILDCARE 3-8pm	CHILDCARE 3-8pm	CHILDCARE 3-8pm		
 <b>INTERVAL</b> 5:30-6:30pm	 <b>SPIN</b> 5:30-6:15pm	 <b>SUPER STEP</b> 5:30-6:30pm			
<i>Yogalates</i> 6-6:45pm	<b>YOGA</b> 6-7pm 	<b>ABC'S</b> arms, butt, core 6:30-7:15pm	<b>YOGA</b> 6-7pm 		
WERQ 6:30-7:30pm	<b>ZUMBA</b> 6:30-7:30pm		WERQ 6:30-7:30pm	<b>LINE DANCE</b> 6:30-7:30PM	
<b>CORE</b> 6:45-7:15pm		<b>SPIN</b> 6:45-7:30			
<b>BARRE</b> 7:15-8pm	<b>PILATES</b> 7-8pm 	<b>BLT</b> butt, legs, tummy 7:15-8pm			
		<b>ZUMBA</b> 7:30-8:30pm			<b>FEES ON BACK</b>