






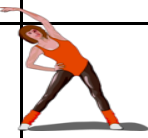




# OCTOBER Fitness Classes

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<b>STRENGTH</b> 6-7am	<b>BYOB:Bring your own ball</b>	<b>STRENGTH</b> 6-7am		<b>Starting Sept., 9</b>
	<b>BALL</b> 830-9am		<b>BALL</b> 830-9am		
	<b>EASY DOES IT FIT PARTY</b> 9-10AM		<b>EASY DOES IT STRENGTH</b> 9-10AM		<b>Boot Camp</b> 9-10am
<b>STEP/SCULPT</b> 930-1030am		<b>TOTAL BODY</b> 930-1030am			<b>INTERVALS</b> 930-1030am
<b>EASY DOES IT HII-LO</b> 1035-1135am		<b>EASY DOES IT CHAIR/MAT</b> 1035-1135am		<b>EASY DOES IT STRENGTH</b> 1035-1135am	<b>EASY DOES IT ZUMBA GOLD</b> 1035-1135am
<b>CLIMBING WALL</b> 4-8pm	<b>CLIMBING WALL</b> 4-8pm	<b>CLIMBING WALL</b> 4-8pm	<b>CLIMBING WALL</b> 4-8pm	<b>CLIMBING WALL</b> 4-8pm	<b>SAT., &amp; SUN. CLIMBING WALL</b> 11am-4pm
 <b>CHILDCARE</b> 530-845pm Conference Room	<b>CHILDCARE</b> 530-845pm (Preschool Room)	<b>CHILDCARE</b> 530-845pm Conference Room	<b>CHILDCARE</b> 530-845pm Preschool Room)		
<b>STEP/WEIGHTS</b> 530-630pm	 <b>SPIN</b> 530-615pm	<b>SUPER STEP</b> 530-630pm	 <b>SPIN</b> 530-615pm		
 <b>YOGA</b> 6-7pm (Preschool Room)				 	
<b>WERQ</b> 6:30-7:30pm	<b>WERQ</b> 6:30-7:30pm		 <b>PIYO</b> 7-8pm (Preschool Room)		
<b>BARRE</b> 730-815pm	<b>ZUMBA</b> 730-830pm	<b>ZUMBA</b> 730-830pm			<b>FEES ON BACK</b>