

OCTOBER GROUP FITNESS

| MONDAY | | |
|---------------|--------------------|--------|
| 9:00 - 10:00 | DANCE | Tara |
| 10:00 - 10:30 | All Level AEROBICS | Tara |
| 10:30 - 11:00 | ACTIVE Flow Yoga | Tara |
| 11:00 - 11:30 | SLOW flow Yoga | Tara |
| 11:40 - 12:10 | Stabliity | Bayley |
| 12:10 - 1:00 | Chair Yoga | Bayley |
| 4:45 - 5:15 | Just CORE! | Page |
| 5:15 - 6:15 | Kick - HIIT | Amy |

| TUESDAY | | |
|----------------|--------------------------|---------|
| 9:00 - 9:30 | <i>Step & Kick</i> | Tara |
| 9:30 - 10:00 | TABATA Cardio | Tara |
| 10:00 - 11:00 | Zumba Gold | Danise |
| 11:00-12:00 | Intro to Yoga | Bayley |
| 12:00 - 1:00 | Chair Volleyball | |
| 1:10 - 2:00 | Silver Sneakers | Barbara |
| 5:00 - 6:00 | Dance & Tone Cross Party | Alicia |
| 6:00 - 6:30 | <i>DeStress</i> Yoga | Rebe |

| WEDNESDAY | | |
|------------------|----------------------------|--------|
| 8:00 - 9:00 | TABATA | Alicia |
| 9:00 - 10:00 | Zumba | Danise |
| 10:00 - 11:00 | TNT | Susan |
| 11:00 - 12:00 | Traditional Yoga | Jaime |
| 12:10 - 12:50 | Strength and Movement | Missy |
| 5:00- 5:45 | Cardio Blast | Page |
| 5:45 - 6:30 | Yoga - Stability & Balance | Rebe |

| THURSDAY | | |
|-----------------|-------------------------|--------|
| 8:00 - 8:30 | Wake Up Yoga | Tara |
| 8:30 - 9:00 | Coralates | Tara |
| 9:00 - 10:00 | Cardio/Weight Intervals | Tara |
| 10:00 - 11:00 | Strength Worx | Bayley |
| 11:10 - 11:50 | Easy Tai Chi | Bayley |
| 12:00 - 1:00 | Chair Volleyball | |
| 1:10 - 2:00 | Silver Sneakers | Bayley |
| 5:15 - 6:15 | Zumba | Tanya |

| FRIDAY | | |
|---------------|--------------------------|--------|
| 9:00 - 10:00 | Dance & Tone Cross Party | Alicia |
| 10:00 - 11:00 | Yoga - Relax and Restore | Tara |
| 11:10 - 11:40 | Chair Yoga | Bayley |
| 11:40 - 12:10 | Stability | Bayley |
| 12:10 - 12:50 | Strength and Movement | Bayley |
| 1:00 - 2:00 | Chair Volleyball | |

| SATURDAY | | |
|-----------------|----------------|--------|
| 9:00 - 10:00 | Warrior Cardio | Lisa |
| 10:00 - 11:00 | PIYO | Bayley |
| 11:00 - 12:00 | Yoga | Susan |

Modifications shown in all classes.

Classes are taken in a chair

Childcare available 9:00 - 12:00 and 4:00 - 6:30