




OCTOBER 2017



Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 3:00-3:45 RIPPED	2 5:30-6:15 CROSS TRAINING 8:30-9:00 POUND 9:15-10:15 EASY DOES IT 10:15-11:15 SENIORSTRETCH 12:10-1:00 MEMBERS CHOICE 4:15-5:15 FULL BODY FITNESS 5:30-6:30 OULA 6:30-7:30 CARDIO KICKBOXING 7:30-8:30 PILATES	3 5:00-5:55 PILATES 6:00-6:45 POUND 7:00-8:15 CHISELED 8:15-9:00 YOGA BALL 9:15-10:00 HEATED YOGA & ABS (BALCONY) 9:00-10:00 SENIOR STRENGTH 10:00-11:00 CLASSIC YOGA 11:00-12:00 SILVER SNEAKERS 12:10-1:00 GROUP CYCLING 4:15-5:15 GROUP CYCLING 5:15-6:15 YOGA/PILATES 6:15-7:00 TABATA 7:00-7:50 OULA ONE	4 5:30-6:15 BODY SCULPTING 6:15-7:00 MIX IT UP WORKOUT 8:30-9:00 POUND 9:15-10:15 EASY DOES IT 10:15-11:15 SENIOR STRETCH 12:10-1:00 MEMBERS CHOICE 1:30-3:00 LINE DANCING 4:15-5:15 FULLBODY FITNESS 5:30-6:30 OULA 6:30-7:30 CARDIO KICKBOXING 7:30-8:30 PILATES	5 5:00-5:55 PILATES 6:00-6:45 POUND 7:00-8:15 CHISELED 8:15-9:00 YOGA BALL 10:00-11:00 CLASSIC YOGA 11:00-12:00 SILVER SNEAKERS 12:10-1:00 GROUP CYCLING 4:15-5:15 GROUP CYCLING 5:15-6:15 YOGO/PILATES 6:15-7:00 TABATA	6 5:30-6:15 TRX 9:15-10:15 EASY DOES IT 9:15-9:45 HEATED YOGA & ABS (BALCONY) 10:15-11:00 SENIOR STRETCH 11:00-12:00 SILVER SNEAKERS 12:10-1:00 MEMBERS CHOICE 5:15-6:15 POUND	7 8:30-9:30 YOGA
8 3:00-3:45 RIPPED	9 5:30-6:15 CROSS TRAINING 8:30-9:00 POUND 9:15-10:15 EASY DOES IT 10:15-11:15 SENIORSTRETCH 12:10-1:00 MEMBERS CHOICE 4:15-5:15 FULL BODY FITNESS 5:30-6:30 OULA 6:30-7:30 CARDIO KICKBOXING 7:30-8:30 PILATES	10 5:00-5:55 PILATES 6:00-6:45 POUND 7:00-8:15 CHISELED 8:15-9:00 YOGA BALL 9:15-10:00 HEATED YOGA & ABS (BALCONY) 9:00-10:00 SENIOR STRENGTH 10:00-11:00 CLASSIC YOGA 11:00-12:00 SILVER SNEAKERS 12:10-1:00 GROUP CYCLING 4:15-5:15 GROUP CYCLING 5:15-6:15 YOGA/PILATES 6:15-7:00 TABATA 7:00-7:50 OULA ONE	11 5:30-6:15 BODY SCULPTING 6:15-7:00 MIX IT UP WORKOUT 8:30-9:00 POUND 9:15-10:15 EASY DOES IT 10:15-11:15 SENIOR STRETCH 12:10-1:00 MEMBERS CHOICE 1:30-3:00 LINE DANCING 4:15-5:15 FULLBODY FITNESS 5:30-6:30 OULA 6:30-7:30 CARDIO KICKBOXING 7:30-8:30 PILATES	12 5:00-5:55 PILATES 6:00-6:45 POUND 7:00-8:15 CHISELED 8:15-9:00 YOGA BALL 10:00-11:00 CLASSIC YOGA 11:00-12:00 SILVER SNEAKERS 12:10-1:00 GROUP CYCLING 4:15-5:15 GROUP CYCLING 5:15-6:15 YOGO/PILATES 6:15-7:00 TABATA	13 5:30-6:15 TRX 9:15-10:15 EASY DOES IT 9:15-9:45 HEATED YOGA & ABS (BALCONY) 10:15-11:00 SENIOR STRETCH 11:00-12:00 SILVER SNEAKERS 12:10-1:00 MEMBERS CHOICE 5:15-6:15 POUND	14 8:30-9:30 YOGA 9:30-10:30 GROUP CYCLING 10:45-11:30 PILATES
15 3:00-3:45 RIPPED	16 5:30-6:15 CROSS TRAINING 8:30-9:00 POUND 9:15-10:15 EASY DOES IT 10:15-11:15 SENIORSTRETCH 12:10-1:00 MEMBERS CHOICE 4:15-5:15 FULL BODY FITNESS 5:30-6:30 OULA 6:30-7:30 CARDIO KICKBOXING 7:30-8:30 PILATES	17 5:00-5:55 PILATES 6:00-6:45 POUND 7:00-8:15 CHISELED 8:15-9:00 YOGA BALL 9:15-10:00 HEATED YOGA & ABS (BALCONY) 9:00-10:00 SENIOR STRENGTH 10:00-11:00 CLASSIC YOGA 11:00-12:00 SILVER SNEAKERS 12:10-1:00 GROUP CYCLING 4:15-5:15 GROUP CYCLING 5:15-6:15 YOGA/PILATES 6:15-7:00 TABATA 7:00-7:50 OULA ONE	18 5:30-6:15 BODY SCULPTING 8:30-9:00 POUND 9:15-10:15 EASY DOES IT 10:15-11:15 SENIOR STRETCH 12:10-1:00 MEMBERS CHOICE 1:30-3:00 LINE DANCING 4:15-5:15 FULLBODY FITNESS 5:30-6:15 OULA 6:45-7:30 CARDIO KICKBOXING 7:30-8:30 PILATES	19 5:00-5:55 PILATES 6:00-6:45 POUND 7:00-8:15 CHISELED 8:15-9:00 YOGA BALL 9:00-9:30 HEATED YOGO FLOW (BALCONY) 10:00-11:00 CLASSIC YOGA 11:00-12:00 SILVER SNEAKERS 12:10-1:00 GROUP CYCLING 5:15-6:15 YOGO/PILATES 6:15-7:00 TABATA 7:00-8:30 LINE DANCING	20 5:30-6:15 TRX 9:15-10:15 EASY DOES IT 9:15-9:45 ABS 9:45-10:00 HEATED YOGA & ABS (BALCONY) 10:15-11:00 SENIOR STRETCH 11:00-12:00 SILVER SNEAKERS 12:10-1:00 MEMBERS CHOICE 5:15-6:15 POUND	21 8:30-9:30 YOGA 9:30-10:30 GROUP CYCLING 10:45-11:30 PILATES
22 3:00-3:45 RIPPED	23 5:30-6:15 CROSS TRAINING 8:30-9:00 POUND 9:15-10:15 EASY DOES IT 10:15-11:15 SENIORSTRETCH 12:10-1:00 MEMBERS CHOICE 4:15-5:15 FULL BODY FITNESS 5:30-6:30 OULA 6:30-7:30 CARDIO KICKBOXING 7:30-8:30 PILATES	24 5:00-5:55 PILATES 6:00-6:45 POUND 7:00-8:15 CHISELED 8:15-9:00 YOGA BALL 9:15-10:00 HEATED YOGA & ABS (BALCONY) 9:00-10:00 SENIOR STRENGTH 10:00-11:00 CLASSIC YOGA 11:00-12:00 SILVER SNEAKERS 12:10-1:00 GROUP CYCLING 4:15-5:15 GROUP CYCLING 5:15-6:15 YOGA/PILATES 6:15-7:00 TABATA 7:00-7:50 OULA ONE	25 5:30-6:15 BODY SCULPTING 8:30-9:00 POUND 9:15-10:15 EASY DOES IT 10:15-11:15 SENIOR STRETCH 12:10-1:00 MEMBERS CHOICE 1:30-3:00 LINE DANCING 4:15-5:15 FULLBODY FITNESS 5:30-6:15 OULA 6:45-7:30 CARDIO KICKBOXING 7:30-8:30 PILATES	26 5:00-5:55 PILATES 6:00-6:45 POUND 7:00-8:15 CHISELED 8:15-9:00 YOGA BALL 9:00-9:30 HEATED YOGO FLOW (BALCONY) 10:00-11:00 CLASSIC YOGA 11:00-12:00 SILVER SNEAKERS 12:10-1:00 GROUP CYCLING 5:15-6:15 YOGO/PILATES 6:15-7:00 TABATA 7:00-8:30 LINE DANCING	27 5:30-6:15 TRX 9:15-10:15 EASY DOES IT 9:15-9:45 ABS 9:45-10:00 HEATED YOGA & ABS (BALCONY) 10:15-11:00 SENIOR STRETCH 11:00-12:00 SILVER SNEAKERS 12:10-1:00 MEMBERS CHOICE 5:15-6:15 POUND	28
29 3:00-3:45 RIPPED	30 5:30-6:15 CROSS TRAINING 8:30-9:00 POUND 9:15-10:15 EASY DOES IT 10:15-11:15 SENIORSTRETCH 12:10-1:00 MEMBERS CHOICE 4:15-5:15 FULL BODY FITNESS 5:30-6:30 OULA 6:30-7:30 CARDIO KICKBOXING 7:30-8:30 PILATES	31 5:00-5:55 PILATES 6:00-6:45 POUND 7:00-8:15 CHISELED 8:15-9:00 YOGA BALL 9:15-10:00 HEATED YOGA & ABS (BALCONY) 9:00-10:00 SENIOR STRENGTH 10:00-11:00 CLASSIC YOGA 11:00-12:00 SILVER SNEAKERS 12:10-1:00 GROUP CYCLING 4:15-5:15 GROUP CYCLING 5:15-6:15 YOGA/PILATES 6:15-7:00 TABATA 7:00-7:50 OULA ONE				

HALLOWEEN