



the



2022

OCTOBER

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Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00AM-7:00AM CROSS TRAINING *Laurie	6:00AM-7:00AM CROSS TRAINING *Laurie	6:00AM- 7:00AM CROSS TRAINING PILATES *Laurie	6:00AM-7:00AM CROSS TRAINING' (CARDIO) *Laurie		
8:45AM-9:45AM YOGA (father sheehan park) *Jackie	8:00AM-9:00AM CORE&FLOOR (BALCONY) *Sandy	8:45AM-9:45AM YOGA (father sheehan park) *Jackie	8:00AM-9:00AM CORE&FLOOR (BALCONY) *Sandy		
9:15AM-10:15AM EASY DOES IT *Amberleigh	8:15 AM-9:00AM STABILITY BALL TRAINING "YOGA BALL" *Coleen	9:15AM-10:15AM EASY DOES IT *Amberleigh	8:15 AM-9:00AM STABILITY BALL TRAINING "YOGA BALL" *Coleen		
10:15-11:00 LABLAST *Amberleigh	9:15AM-9:45AM JUST DANCE *Laurie	12:00PM-1:00PM CROSS TRAINING *Amberleigh	9:15AM-9:45AM JUST DANCE *Laurie	9:15AM-10:15AM EASY DOES IT *Colleen	
12:00PM-1:00PM CROSS TRAINING *Amberleigh	10:00-11:00AM CLASSIC YOGA *Coleen	1:30-3:00 LINE DANCING	10:00-11:00AM CLASSIC YOGA *Coleen	10:15-11:00 PILATES *Amberleigh	
5:00-7:00pm BOXING	12:10-1:00 GROUP CYCLING *Angie	5:00-7:00pm BOXING	11:00AM-12:00PM SIT AND BE FIT (STRENGTH AND ROM) *Colleen		F.O.C.U.S 10:00 AM - 11:00AM *Amberleigh
6:00PM-6:30PM PILATES (BALCONY) *Laurie	11:00 AM- 12:00PM CHAIR YOGA *Coleen	6:00PM-6:30PM PILATES (BALCONY) *Laurie			
6:30PM-7:00PM WORKOUT IN WEIGHT ROOM (WIW) *Laurie	6:00PM-7:00PM GUTS & BUTTS TABATA *Amberleigh	6:30PM-7:00PM WORKOUT IN WEIGHT ROOM (WIW) *Laurie	6:30-8:30 LINE DANCING		

