

Sunday 11	Monday 12	Tuesday 13	Wednesday 14	Thursday 15	Friday 16	Saturday 17
12:30 PM Therapeutic Stretch Dr. Hoag	6:00 AM Cycle Wendy	6:00 AM Kickboxing Ron	6:00 AM BodyPump Tom	9:30 AM Kickboxing Ron	8:30 AM BodyPump Naomi	9:00 AM Step Challenge Erica
3:00 PM BodyStep Robyn	8:30 AM BodyPump Tom	9:30 AM BodyStep Tom	8:30 AM BodyStep Naomi	10:30 AM Pilates (2) Debbie	9:00 AM H2O Aerobics Susan	9:00 AM Cycling Kris
3:00 PM RPM (Cycle) Anita	9:00 AM H2O Aerobics Susan	9:30 AM Cycling Morgan	9:00 AM H2O Aerobics Susan	11:00 AM BodyPump Anna Dunn	9:30 AM BodyStep Kim	9:30 AM Water Aerobics Peaches
4:00 PM BodyPump Lilian	9:30 AM BodyAttack/BodyStep Lilian	10:30 AM Pilates (2) Morgan	9:30 AM BodyPump Kim	4:45 PM BodyPump Lauren	9:30 AM Cycle Dena	10:05 AM BodyPump Tom
5:00 PM Zumba Tanessa	10:30 AM Pilates (2) Vicki	4:45 PM BodyPump Robyn	11:00 AM BodyVive Donna	6:00 PM Zumba Wonder	9:30AM Yoga/Stretch (2) Heather	10:05AM BodyFlow (2) Keven
	10:30 AM 20/20/20 Heather	5:15 PM RPM (Cycle) Anita	5:00 PM BodyStep Keven	6:15 PM Water Aerobics Peaches	10:35AM 20/20/20 Heather	11:35 AM Yoga (60min)(2) Anita
	5:00 PM BodyStep Kathy	6:00 PM BodyStep Scott	6:00 PM Kickboxing Ron		5:30 PM Quad Step Robyn	11:15 AM Jujitsu/Karate RJ
	6:00 PM Kickboxing Ron	6:15 PM Yoga (75min)(2) Susan	6:00 PM Cycling Joy D.			
	6:30 PM Water Aerobics Marie	7:00 PM Zumba Tanessa				
	7:00 PM BodyPump Jessica					
Sunday 18	Monday 19	Tuesday 20	Wednesday 21	Thursday 22	Friday 23	Saturday 24
3:00 PM BodyStep Scott	6:00 AM Cycle Wendy	6:00 AM Kickboxing Ron	6:00 AM BodyPump Tom	9:30 AM Kickboxing Ron	8:30 AM BodyPump Robyn	9:00 AM Step Challenge Darise
3:00 PM RPM (Cycle) Anita	8:30 AM BodyPump Tom	9:30 AM BodyStep Lilian	8:30 AM BodyStep Robyn	10:30 AM Pilates (2) Debbie	9:00 AM H2O Aerobics Susan	9:00 AM Cycling Kris
3:30 PM PiYO(90min) Vicki	9:00 AM H2O Aerobics Susan	9:30 AM Cycling Morgan	9:00 AM H2O Aerobics Susan	11:00 AM BodyPump Anna Dunn	9:30 AM BodyStep Kim	9:30 AM Water Aerobics Peaches
4:00 PM BodyPump Lilian	9:30 AM BodyAttack Lilian	10:30 AM Pilates (2) Morgan	9:30 AM BodyPump Kim	4:45 PM BodyPump Erica	9:30 AM Cycle Sorry, no class	10:05 AM BodyPump Autumn
5:00 PM Zumba Tanessa	Launch Party!! & Kara	4:45 PM BodyPump Robyn	11:00 AM BodyVive Donna	6:00 PM Zumba Wonder	9:30AM Yoga/Stretch (2) Heather	10:05AM BodyFlow (2) Team
	10:30 AM Pilates (2) Vicki	5:15 PM RPM (Cycle) Anita	LAUNCH PARTY!!	6:15 PM Water Aerobics Peaches	10:35AM 20/20/20 Heather	LAUNCH PARTY!!
	10:30 AM 20/20/20 Heather	6:00 PM Step Challenge Erica	5:00 PM BodyStep Keven		5:30 PM Step Challenge Anthony	11:35 AM Yoga (60min)(2) Anita
	5:00 PM BodyStep Kathy	6:15 PM Yoga (75min)(2) Susan	6:00 PM Kickboxing Ron			11:15 AM Jujitsu/Karate RJ
	6:00 PM Kickboxing Ron	7:00 PM Zumba Tanessa	6:00 PM Cycling Anthony			
	6:30 PM Water Aerobics Marie					
	7:00 PM BodyPump Jessica					
Sunday 25	Monday 26	Tuesday 27	Wednesday 28	Thursday 29	Friday 30	Saturday 31
3:00 PM BodyStep Kathy	6:00 AM Cycle Wendy	6:00 AM Kickboxing Ron	6:00 AM BodyPump Tom	9:30 AM Kickboxing Ron	8:30 AM BodyPump Naomi	9:00 AM Step Challenge Darise
3:00 PM RPM (Cycle) Anita	8:30 AM BodyPump Tom	9:30 AM BodyStep Tom	8:30 AM BodyStep Kara	10:30 AM Pilates (2) Debbie	9:00 AM H2O Aerobics Susan	9:00 AM Cycling Kris
4:00 PM BodyPump Robyn	9:00 AM H2O Aerobics Susan	9:30 AM Cycling Morgan	9:00 AM H2O Aerobics Susan	11:00 AM BodyPump Anna Dunn	9:30 AM BodyStep Kim	9:30 AM Water Aerobics Peaches
5:00 PM Zumba Tanessa	9:30 AM BodyAttack/BodyStep Lilian	10:30 AM Pilates (2) Morgan	9:30 AM BodyPump Kim	4:45 PM BodyPump Lauren	9:30 AM Cycle Dena	10:05 AM BodyPump Tom
	10:30 AM Pilates (2) Vicki	4:45 PM BodyPump Robyn	LAUNCH PARTY!! & Lilian	6:00 PM Zumba Wonder	9:30AM Yoga/Stretch (2) Heather	10:05AM BodyFlow (2) Keven
	10:30 AM 20/20/20 Heather	5:15 PM RPM (Cycle) Anita	11:00 AM BodyVive Donna	6:15 PM Water Aerobics Peaches	10:35AM 20/20/20 Heather	11:35 AM Yoga (60min)(2) Anita
	5:00 PM BodyStep Kathy	LAUNCH PARTY!!	5:00 PM BodyStep Keven		5:30 PM Quad Step Robyn	11:15 AM Jujitsu/Karate RJ
	6:00 PM Kickboxing Ron	6:00 PM Step Challenge Joy M.	LAUNCH PARTY!! Robyn & Kathy		Spooktacular New Moves!!	
	6:30 PM Water Aerobics Marie	6:15 PM Yoga (75min)(2) Susan	6:00 PM Kickboxing Ron			
	7:00 PM BodyPump Jessica	7:00 PM Zumba Tanessa	6:00 PM Cycling Joy D.			



Happy Halloween!

