



OCTOBER FITNESS SCHEDULE

SUN	MON	TUES	WED	THU	FRI	SAT
						1
2	3 0930 Endurance – BJ 1100 Strong Nation – CL 1145 CYCLE – AO 1800 Zumba – KM	4 0615 Prenatal Yoga – KK 0900 Yoga Flows – HH 1000 Zumba – QB 1145 Pump – CH 1200 Back Class – KP/MW 1630 Abs & Foam Roll – SN 1715 FFT 101 – RD	5 1145 CYCLE – AO 1200 Yoga – EC 1800 Zumba – JM	6 0615 Prenatal Yoga – KK 0900 Yoga Flows – HH 1000 Zumba – QB 1145 Pump – CH 1200 Pregnancy & Postpartum – MW/KP 1330 Strong Nation – CL 1630 TRX – SN 1715 FFT 101 – RD	7 Training Holiday 0830 - 1700	8 0900 FFT 101 – RD
9	10 Columbus Holiday 0830 – 1700 1100 Strong Nation – CL	11 0900 Yoga Flows – HH 1000 Zumba – QB 1145 Pump – CH 1200 Back Class – KP/MW 1630 Abs & Foam Roll – SN 1715 FFT 101-RD	12 1145 CYCLE – AO 1200 Yoga – EC 1800 Zumba – JM	13 0900 Yoga Flows – HH 1000 Zumba – QB 1145 Pump – CH 1200 Pregnancy & Postpartum – MW/KP 1330 Strong Nation – CL 1630 TRX – SN 1700 CYCLE – RD 1800 FFT 101 – RD	14 0900 Zumba – JM 0930 Butts and Guts – BJ 1700 Peach Booty – CL	15 0900 FFT 101 – RD
16	17 0930 Endurance – BJ 1100 Strong Nation – CL 1145 CYCLE – AO 1800 Zumba – KM	18 0900 Yoga Flows – HH 1000 Zumba – QB 1145 Pump – CH 1200 Back Class – KP/MW 1630 Abs & Foam Roll – SN 1715 FFT 101 – RD	19 1145 CYCLE – AO 1200 Yoga – EC 1800 Zumba – JM	20 0900 Yoga Flows – HH 1000 Zumba – QB 1145 Pump – CH 1200 Pregnancy & Postpartum – MW/KP 1330 Strong Nation – CL 1630 TRX – SN 1715 FFT 101 – RD	21 0900 Zumba – JM 0930 Butts and Guts – BJ 1700 Peach Booty – CL ** 1830 Glamour and Horror Zumba **	22 0900 FFT 101 – RD
23	24 0930 Endurance – BJ 1100 Strong Nation – CL 1145 CYCLE – AO 1800 Zumba – KM	25 0900 Yoga Flows – HH 1000 Zumba – QB 1145 Pump – CH 1200 Back Class – KP/MW 1630 Abs & Foam Roll – SN 1715 FFT 101 – RD	26 1145 CYCLE – AO 1200 Yoga – EC 1800 Zumba – JM	27 0900 Yoga Flows – HH 1000 Zumba – QB 1145 Pump – CH 1200 Pregnancy & Postpartum – MW/KP 1330 Strong Nation – CL 1630 TRX – SN 1700 CYCLE – RD 1800 FFT 101 – RD	28 0900 Zumba – JM 0930 Butts and Guts – BJ 1700 Peach Booty – CL	29 0900 FFT 101 – RD
30	31 0930 Endurance – BJ 1100 Strong Nation – CL 1145 CYCLE – AO 1800 Zumba – KM		Instructors: EC Emily Coleman JM Jené Moorhouse KM Katie Moortel CH Cymantha Hess SN Sica Nielsen BJ Barbara Jiron	Instructors: MD Maria Diaz RD Rey Drummond SG Steffi Gooding KK Kirsten Kieffer HH Heather Holdaway QB Quintessa Brown	Instructors: AO Aida Otieno CL Chieri Leonard KP Kate Paine MW Michelle Witkowski	

Small Groups with Emily and Heather:
October Small Groups:
Yoga with Emily is open until October 4th and starts on October 3rd at 1000. Classes are on Mondays and Wednesdays.
Register
\$55 for 8 sessions

November:

Yoga with Emily will start on November 7th. Registration is open now until November 8th. 8 class sessions that meet on Mondays and Wednesdays at 1000 for \$55.

BARRE - Small Group with Heather Wednesdays 845-945a Nov 2, 9, 16, 30, Dec 7, 14 (*no class Nov 23) \$40 for 6 classes. Register by October 31 at the front desk

Friday 10/21 @ 1830-1200 Glamour and Horror Zumba Halloween party 🎃
Join Jené for 1.5hrs of Halloween themed Zumba fun. Come as you are or in your best Halloween glamour/horror themed costume that you can move and groove in! Tickets can be purchased for \$8 at the front desk.

2022
Zombie Run