



October Group Fitness Schedule (Virtual & In-Club)

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
VIRTUAL CLASSES	Core Amy (DA) 8:30am	Cardio & Stretch Nancy S (CI) 8am	Cardio Kickboxing Stephanie (CI) 6am	Bootcamp Jozlyn (DA) 10am	Cardio Kickboxing Stephanie (CI) 6am	Cardio & Stretch Nancy (CI) 8am	Pump & Burn Kelly (DA) 8am
	Yin Yoga Kelly H (KY) 11:30am	Body Sculpt Nancy S (CI) 9am	Glutes, Core & More Kelly (DA) 7am	Beg Int Yoga Nancy (CI) 11am	ABs & Arms Rachel (DA) 7am	Body Sculpt Nancy (CI) 9am	Zumba Jenah (DA) 9am
		Bootcamp Jozlyn (DA) 10am	Tighten & Tone Roni (DA) 9am		Tighten & Tone Roni (DA) 9am	Bootcamp Jozlyn (DA) 10am	Bootcamp Jozlyn (DA) 10am
		Pilates Fusion Stephanie (CI) 12pm	Athlete Stretch Roni (DA) 10am		Athlete Stretch Roni (DA) 10am	Pilates Fusion Stephanie (CI) 12pm	
		Barre Jill G (CI) 4pm	Better Bodies Kelly (DA) 11am		Better Bodies Kelly (DA) 11am		
	Yoga Vinyasa Jill G (CI) 5pm	Yoga Kelly (KY) 4pm		Zumba Tina (DA) 6pm			
IN-CLUB CLASSES *Sign up required	Yoga Jill 9:30am	Cycle Annie 8:30am	Land Cathy 6:15am	Cycle Jane 8:30am	Land Connie 6:15am	Cycle Lynsey 7:30am	Cycle Annie 8am
	Yin Yoga Kelly H 11:30am <small>*Virtual streaming in class</small>	Barre Traci 10am	Land Traci 9am	Strength Jen S 10am	Land Cory 9am		Land Annie 9am
			Yoga Kelly (KY) 4pm <small>*Virtual streaming in class</small>	Zumba Serena 6pm	Land Jackie 5:45pm		Yoga Kelly 9:30am
			Land Alex 5:45pm		Cycle Krista 6pm		
			Cycle Joe 6pm				
IN-CLUB AQUA <small>*Sign up required</small>		w/Angie 6:30am	w/ Carol 10am	w/ Becky 6:30pm	w/ Jennifer 10am		w/ Becky 10am