










710 Fulton Street
 Tell City, IN 47586
 (812) 547-3565

EverBody's Fun and Fitness Center

www.everbodys.com

OCTOBER CLASS SCHEDULE

| Time | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday | | | |
|---|--|---|---|-------------------------------------|---|---|---|--|--|--|
| 4:45 AM | Barre | WAKE UP WORKOUT |  SPINNING ** | Step | WAKE UP WORKOUT | | | | | |
| 5:30 AM | **Spin & Praise (Free to Public) | | | **Spin & Praise (Free to Public) | | | | | | |
| 6:30 AM | | | | | | |  SPINNING | | | |
| 7:30 AM | | | | | | Footprints | | | | |
| 8:15 AM | | | | | Aqua Aerobics (HIE Pool) | TOTAL BODY | | | | |
| 9:00 AM | Cardio & Strength | YOGA | Resistance Training Circuit | Balance Pilates | YOGA |  ZUMBA fitness | Wallyball 6pm | | | |
| 5:30 PM | Aqua Aerobics (HIE Pool) | YOGA | Aqua Aerobics (HIE Pool) | Barre | <p>Child Care (Kidz Klub) Monday-Thursday 5-7:30 PM Saturday 7:30-10:30 AM</p> <p>11th Annual Ladies Day Out October 5th & 6th Discounts & Specials at area businesses</p> <p>Witches Walk Thursday, October 25th 5-7 PM</p> <p>Mental Health Day Saturday, Oct. 20th - Joe Schaffer Park 5k & 1 mile Fun Run/Walk - 10:00 a.m. YOGA - 11 & 11:30 a.m. Booths, activities, and more!!!</p> | | | | | |
| | BODY Sculpting | |  ZUMBA fitness | | | | | | | |
| 6:30 PM |  SPINNING ** |  SPINNING ** |  SPINNING ** | Boxing | | | | | | |
| | Barre |  ZUMBA fitness | Pound ** Court 1 | | | | | | | |
| |  ZUMBA fitness (Schergen Center) | | | | | | | | | |
| ** Reservations are required for Spinning & Pound | | | | | | | | | | |