










OCTOBER CLASS SCHEDULE

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday			
4:45 AM		WAKE UP WORKOUT	 SPINNING **		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		Pound ** Court 1							
	 ZUMBA fitness (Schergen Center)	 ZUMBA fitness								
** Reservations are required for Spinning & Pound										