TR

OCTOBER

New *TRX Group Training*
Monday 7:00a -4ppl
Wednesday 9:30a- 4ppl
Wednesday 6:00p- 4ppl
*TRX sessions must be pre-paid and spot reserved in advance. Contact Heather at auburnhagan@gmail.com

LOCATION KEY
A = Studio "A"
B = Studio "B"
C = Cycle Studio
P = Pilates Studio
T = Track

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1 C 5:30a Race and Ripped — Peggy A 6:45a Raising The Bar — Jodie B 8:00a Stretch Yoga — Dee C 8:15a Cycle — Mel A 8:30a **Box Fit** — Katrina B 9:45a Flow Yoga — Heather New **BOX FIT** Powerful class improving cardio and overall strength and balance.	**2** C 8:30a Cycle — Hayden A 9:00a Fit Mix — Phillip B 9:45a Yoga — Paula Double Today's Workout! 8:30a Cycle with Hayden then 9:45am Yoga with Paula
3 B 2:45p Pilates II & III — Lynne E C 3:00p Cycle — Casie A 4:00p Sculpt — Jodie B 4:00p Restorative Yoga — Debbie Perfect Way To Wrap Up Your Weekend Restorative Yoga 4pm Pilates II & III requires Instructor Approval to attend	**4** A 5:30a Cardio Sculpt — Phillip C 5:30a Cycle — Hayden 7:00a Group **TRX** Training — Heather B 8:00a Stretch Yoga — Dee C 8:15a Cycle — Leigh Anne A 8:30a SportsMix — Emily D. A 9:35a Low Impact — Emily D. B 9:45a Strength Yoga — Heather A 4:30p Sculpt — Michele O. C 5:30p Cycle — Jan A 5:35p Turbo Kick — Mary Kat TRX sessions must be pre-paid and spot reserved in advance. Contact- auburnhagan@gmail.com	**5** O **5:15a** Metro Milers — Peggy T 5:30a Sweat-ilates — Pam C. A 8:30a Turbo Kick — Dru B 8:30a Pilates For Stability — Pam K. A 9:35a Tuesday's Mix — Amelie A 4:30p Step Intervals — Mary Kat B 4:30p Yoga — Debbie A 5:35p Sculpt — Hayden B 5:35p Pilates Mat — Heather C 5:45p Cycle — Katrina A 6:35p Ab Attack — Hayden	**6** C 5:30a Cycle — Julie S. A 5:30a **Cardio Knockout** — Dru A 8:15a Power Sculpt — Leigh Anne B 8:30a Pilates Mat — Pam K. 9:30a Group **TRX** Training — Heather A 9:35a Fitness Fusion — Jodie B 9:35a Yoga — Julie G. A 4:30p H.I.T — Susan C 5:30p Cycle — Emily D. B 5:30p Yoga — Paula A **5:45p Box Fit** — Katrina 6:00p Group **TRX** Training — Heather	**7** O **5:15a** Metro Milers — Peggy T 5:30a Sweat-ilates — Pam C. B 8:15a Self Massage — Lynne Ellen B 8:30a GYROKINESIS — Lynne Ellen A 8:30a Training Camp — Jacki A 9:35a Beg. Pilates for Core Stability — Amy C. B 4:30p Yoga — Heather A 4:30p **Sculpt** — Lynne C 5:30p Cycle — Casie A 5:35p **Latin Funk** — Katrina B 5:35p **Core & Flexibility** — Heather Check-out NEW Thursday afternoon/PM line up. NEW classes in BOLD	**8** C 5:30a Race and Ripped — Dru A 6:45a Raising The Bar — Dru B 8:00a Stretch Yoga — Dee C 8:15a Cycle — Mel A 8:30a **Cardio Sculpt** — Hayden B 9:45a Flow Yoga — Heather 8:30am CARDIO SCULPT Maximum Effort & Results!	**9** C 8:30a Cycle — Casie A 9:00a Turbo Kick — Katie B 9:45a Yoga — Debbie PUT A SPIN ON YOUR SUNDAY 3:00PM CYCLE WITH CASIE
10 B 2:45p Pilates II & III — Lynne E 2:00p **Rock The Rope** — Kristie C 3:00p Cycle — Kristie A 4:00p Sculpt — Hayden B 4:00p Restorative Yoga — Dee So Many Choices! You Can Not Go Wrong! *Pilates II & III *Rock The Rope *Cycle *Sculpt	**11** A 5:30a Cardio Sculpt — Phillip C 5:30a Cycle — Hayden 7:00a Group **TRX** Training — Heather B 8:00a Stretch Yoga — Dee C 8:15a Cycle — Leigh Anne A 8:30a SportsMix — Emily D. A 9:35a Low Impact — Emily D. B 9:45a Strength Yoga — Heather A 4:30p Sculpt — Michele O. C 5:30p Cycle — Kristie A 5:35p **TURBO FIRE** — MK / Dru TRX sessions must be pre-paid and spot reserved in advance. Contact- auburnhagan@gmail.com	**12** O **5:15a** Metro Milers — Peggy T 5:30a Sweat-ilates — Pam C. A 8:30a Turbo Kick — Dru B 8:30a Pilates For Stability — Pam K. A 9:35a Tuesday's Mix — Amelie A 4:30p Step Intervals — Mary Kat B 4:30p Yoga — Kristie A 5:35p **Raising The Bar** — Jodie B 5:35p Pilates Mat — Heather C 5:45p Cycle — Katrina RAISING THE BAR w/ Jodie 5:35p	**13** C 5:30a Cycle — Julie S. A 5:30a **Cardio Knockout** — Dru A 8:15a Power Sculpt — Leigh Anne B 8:30a Pilates Mat — Pam K. 9:30a Group **TRX** Training — Heather A 9:35a Fitness Fusion — Jodie B 9:35a Yoga — Julie G. A 4:30p H.I.T. — Susan C 5:30p Cycle — Jan B 5:30p Yoga — Paula A **5:45p Box Fit** — Katrina — David 6:00p Group **TRX** Training — Heather	**14** O **5:15a** Metro Milers — Peggy T 5:30a Sweat-ilates — Pam C. B 8:15a Self Massage — Lynne Ellen B 8:30a GYROKINESIS — Lynne Ellen A 8:30a Training Camp — Jacki A 9:35a Beg. Pilates for Core Stability — Pam K. B 4:30p Yoga — Heather A 4:30p **Sculpt** — Hayden C 5:30p Cycle — Casie A 5:35p **Hip Hop Hustle** — Mary Kat B 5:35p **Core & Flexibility** — Heather Check-out NEW Thursday afternoon/PM line up. NEW classes in BOLD	**15** C 5:30a Race and Ripped — Dru A 6:45a Raising The Bar — Dru B 8:00a Stretch Yoga — Dee C 8:15a Cycle — Mel A 8:30a **Bootcamp** — Phillip B 9:45a Centered Yoga — Marie BOOTCAMP With Phillip 8:30a	**16** C 8:30a Cycle — Mary Kat T 9:00a RESULTS — Jan A 9:00a Rock the Rope — Kristie B 9:45a Yoga — Debbie ROCK the ROPE 9:00am w/ Kristie Play like a kid while melting away calories!
17 B 2:45p Pilates II & III — Lynne E C 3:00p Cycle — Phillip A 4:00p Sculpt — MichelleC B 4:00p Restorative Yoga — Debbie Get The BEST of BOTH! CYCLE with Phillip	**18** A 5:30a Cardio Sculpt — Phillip C 5:30a Cycle — Hayden 7:00a Group **TRX** Training — Heather B 8:00a Stretch Yoga — Dee C 8:15a Cycle — Leigh Anne A 8:30a SportsMix — Emily D. A 9:35a Low Impact — Emily D. B 9:45a Strength Yoga — Ann A 4:30p Sculpt — Michele O. C 5:30p Cycle — Kristie A 5:35p Turbo Kick — Mary Kat TRX sessions must be pre-paid and spot reserved in advance. Contact- auburnhagan@gmail.com	**19** O **5:15a** Metro Milers — Peggy T 5:30a Sweat-ilates — Pam C. A 8:30a **TURBO FIRE** — Dru / MK B 8:30a Pilates For Stability — Pam K. A 9:35a Tuesday's Mix — Amelie A 4:30p Step Intervals — Mary Kat B 4:30p Yoga — Kristie A 5:35p Sculpt — Hayden B 5:35p Pilates Mat — Heather C 5:45p Cycle — Katrina A 6:35p Ab Attack — Hayden	**20** C 5:30a Cycle — Julie S. A 5:30a **Cardio Knockout** — Dru A 8:15a **Raising The Bar** — Dru C 8:15a Cycle — Emily B. B 8:30a Pilates Mat — Pam K. 9:30a Group **TRX** Training — Heather A 9:35a Fitness Fusion — Jodie B 9:35a Yoga — Julie G. A 4:30p H.I.T. — Susan C 5:30p Cycle — Kristie B 5:30p Yoga — Debbie A **5:45p Box Fit** — Katrina 6:00p Group **TRX** Training — Heather	**21** O **5:15a** Metro Milers — Peggy T 5:30a Sweat-ilates — Pam C. B 8:15a Self Massage — Lynne Ellen B 8:30a GYROKINESIS — Lynne Ellen A 8:30a Training Camp — Jacki A 9:35a Beg. Pilates for Core Stability — Pam K. B 4:30p Yoga — Heather A 4:30p **Sculpt** — Lynne C 5:30p Cycle — Casie A 5:35p **Latin Funk** — Mary Kat B 5:35p **Core & Flexibility** — Heather Check-out NEW Thursday afternoon/PM line up. NEW classes in BOLD	**22** C 5:30a Race and Ripped — Dru A 6:45a Raising The Bar — Dru B 8:00a Stretch Yoga — Dee C 8:15a Cycle — Emily B. A 8:30a **Friday Shred** — Jackie B 9:45a Flow Yoga — Heather Take Your Muscles To their Limit! FRIDAY	**23** C 8:30a Cycle — Jan A 9:00a Fit Mix — Emily D. B 9:45a Centered Yoga — Marie Missed Out On Last Week? Join Jan for Cycle, Emily D. for Fit Mix and Marie for Centered Yoga
24 B 2:45p Pilates II & III — Lynne E C 3:00p Cycle — Emily D. A 4:00p Sculpt — Mary Kat B 4:00p Restorative Yoga — Dee **31** B 2:45p Pilates II & III — Lynne E A 2:45p Thriller Hustle — Mary Kat C 3:00p Halloween Cycle — Julie S. A 4:00p Sculpt — Jan B 4:00p Restorative Yoga — Heather	**25** A TRX sessions must be — Phillip C 5:30a Cycle — Hayden 7:00a Group **TRX** Training — Heather B 8:00a Stretch Yoga — Dee C 8:15a Cycle — Leigh Anne A 8:30a SportsMix — Dru A 9:35a Low Impact — Dru B 9:45a Strength Yoga — Ann A 4:30p Sculpt — Michele O. C 5:30p Cycle — Kristie A 5:35p **TurboWeen** — MK / Dru	**26** O **5:15a** Metro Milers — Peggy T 5:30a Sweat-ilates — Pam C. A 8:30a Turbo Kick — Dru B 8:30a Pilates For Stability — Pam K. A 9:35a Tuesday's Mix — Amelie A 4:30p Step Intervals — Mary Kat B 4:30p Yoga — Kristie A 5:35p **Raising The Bar** — Jodie B 5:35p Pilates Mat — Heather C 5:45p Cycle — Katrina	**27** C 5:30a Cycle — Julie S. A 5:30a **Cardio Knockout** — Dru A 8:15a Power Sculpt — Leigh Anne B 8:30a Pilates Mat — Pam K. 9:30a Group **TRX** Training — Heather A 9:35a Fitness Fusion — Jodie B 9:35a Yoga — Marie A 4:30p H.I.T. — Susan C 5:30p Cycle — Emily D. B 5:30p Yoga — Paula A **5:45p Box Fit** — Kat / David 6:00p Group **TRX** Training — Heather	**28** O **5:15a** Metro Milers — Peggy T 5:30a Sweat-ilates — Pam C. B 8:15a Self Massage — Lynne Ellen B 8:30a GYROKINESIS — Lynne Ellen A 8:30a Training Camp — Jacki A 9:35a Beg. Pilates for Core Stability — Pam K. B 4:30p Yoga — Heather A 4:30p **Sculpt** — Hayden C 5:30p Cycle — Casie A 5:35p **Halloween Hustle** — Mary Kat B 5:35p **Core & Flexibility** — Heather	**29** C 5:30a Race and Ripped — Dru A 6:45a Raising The Bar — Dru B 8:00a Stretch Yoga — Dee C 8:15a Cycle — Mel A 8:30a **Latin Funk** — Katrina B 9:45a Flow Yoga — Heather Latin Funk 8:30a w/ Katrina	**30** C 8:30a Cycle — Katrina A 9:00a Fit Mix — Hayden B 9:45a Yoga — Heather TRICK OR TREAT! Tomorrow!!!