

**SUNDAY MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY**



# OCTOBER



<b>1 8:15a Power Yoga with David</b>		<b>2 Tai Chi 10:45am</b>		<b>3 NEW 8AM BOOTCAMP!</b>	
A 5:30a SCULPT	Brenda	T 5:15a TRX	Kay	<b>A 8am BOOTCAMP</b>	Brenda
<b>T 5:30a Func Training</b>	<b>Ste/Katie</b>	T 6:30a TRX 101	<b>Kay</b>	<b>C 8:30a Cycle</b>	<b>Phillip</b>
<b>B 8:15a Power Yoga</b>	David	B 8:00a Stretch Yoga 90	Dee	<b>T 9:00a SOS</b>	Jan
<b>A8:30a STEP IT UP</b>	Brenda	<b>C 8:15a Cycle (60)</b>	Emily	<b>B 9:35a Yoga</b>	Paula
A 9:35a BAR-Lates	Jodie	<b>A 8:15a Func Training</b>	Leigh A	<b>9:35am Yoga w/ Paula!</b>	
A 4:30p Cardio BLAST	Brenda	A 9:35a Core Conditioning 30	Leigh A		
B 4:30p Pilates	Paula	<b>B 9:35a Yoga</b>	Lisa		
B 5:35p Yoga	Paula	A 10:45a Tai Chi	Peggy		
A 5:35p <b>Mystery Mash up</b>	Brenda				

<b>4</b>		<b>5 8:15a Movies Spin with LA!</b>		<b>6 4:30pm Cycle+ BOOTCAMP</b>		<b>7</b>		<b>8 8:15a Power Yoga with David</b>		<b>9 Tai Chi 10:45am</b>		<b>10 NEW AM BOOTCAMP!</b>	
<b>B 4:00p Yoga</b>	Dee	<b>C 530a 30TK/ 30 Weights</b>	Zel	<b>A 5:30a BOOTCAMP</b>	Ste/Katie	<b>A 5:30a METRO MILERS</b>	Ste/Katie	A 5:30a Bar and Burn	Jackie	T 5:15a TRX	Kay	<b>A 8am BOOTCAMP</b>	Brenda
<b>4pm Yoga w/Dee!</b>		B 8:00a Stretch Yoga 90	Dee	A 5:30a SCULPT	Brenda	B 8:00a Yoga 90	Margree	<b>T 5:30a Func Training</b>	Ste/Katie	T 6:30a TRX 101	Kay	<b>C 8:30a Cycle</b>	Emily
		<b>C 8:15a Going to the Movies</b>	Leigh A	A 8:30a Turbo Kick	Mary Kat	C 8:15a Cycle(45)	Mary Kat	<b>B 8:15a Power Yoga</b>	David	B 8:00a Stretch Yoga 90	Dee		
		<b>SPIN PART 2!</b>		<b>B 8:30a Dynamic Flow</b>	Rebecca	<b>A 8:30a Muscle MIX</b>	Leigh Anne	<b>A8:30a STEP IT UP</b>	Brenda	<b>C 8:15a Cycle (60)</b>	Emily	<b>B 9:35a Yoga</b>	Rebecca
		A 8:30a <b>FULL BODY</b>	Mary Kat	<b>B 9:35a Core Conditioning 30</b>	Leigh A	A 9:35a Sculpt Lite	Mary Kat	A 9:35a BAR-Lates	Jodie	<b>A 8:15a Func Training</b>	Leigh A		
		A 9:35a Low Impact	Jodie	A 9:35a Bar and Burn	Jackie	A 4:30p <b>BOX INTERVALS</b>	Travis	A 4:30p Cardio BLAST	Brenda	A 9:35a Core Conditioning 30	Emily		
		B 9:35a Yoga	Margree	<b>A 1:05p Tai Chi</b>	Peggy	<b>C 5:30p Cycle</b>	Phillip	B 4:30p Pilates	Paula	B 9:35a Yoga	Lisa		
		A 4:30p Strength Circuit	Brenda	<b>A 4:30p Cycle+BOOTCAMP</b>	Emily	A 5:35p Turbo Kick	Zel	B 5:35p Yoga	Paula	A 10:45a Tai Chi	Peggy		
		A 5:35p Turbo Kick	Mary Kat	A 5:35p 20/20/20	Brenda			<b>A 5:35p P90X</b>	Phillip				
	C 5:45p Power Cycle	Zel							A5:15p Jungle Body	Angel			

<b>11</b>		<b>12</b>		<b>13 5:30a BOOTCAMP!</b>		<b>14</b>		<b>15 8:15a Power Yoga with David</b>		<b>16 8:15am HIIT &amp; RUN!</b>		<b>17 NEW 8AM BOOTCAMP!</b>	
<b>B 4:00p Yoga</b>	Dee	<b>C 530a 30TK/ 30 Weights</b>	Zel	<b>A 5:30a BOOTCAMP</b>	Ste/Katie	<b>A 5:30a METRO MILERS</b>	Ste/Katie	A 5:30a Bar and Burn	Jackie	T 5:15a TRX	Kay	<b>A 8am BOOTCAMP</b>	Katie
<b>This SUNDAY Has You Covered!!!</b>		B 8:00a Stretch Yoga 90	Dee	A 5:30a SCULPT	Brenda	B 8:00a Yoga 90	Margree	<b>T 5:30a Func Training</b>	Ste/Katie	T 6:30a TRX 101	Kay	<b>C 8:30a Cycle</b>	Phillip
		<b>C 8:15a Cycle</b>	Leigh A	A8:30a Turbo Kick	Mary Kat	C 8:15a Cycle(45)	Mary Kat	<b>B 8:15a Power Yoga</b>	David	B 8:00a Stretch Yoga 90	Dee	<b>T 9:00a SOS</b>	Jan
		A 8:30a <b>FULL BODY</b>	Mary Kat	<b>B 8:30a Dynamic Flow</b>	Rebecca	<b>A 8:30a Muscle MIX</b>	Leigh Anne	<b>A8:30a STEP IT UP</b>	Brenda	<b>C 8:15a Cycle (60)</b>	Emily	<b>B 9:35a Yoga</b>	Paula
		<b>CONDITIONING</b>		<b>B 9:35a Core Conditioning 30</b>	Mary Kat	A 9:35a Sculpt Lite	Delisa	A 9:35a BAR-Lates	<b>Jodie</b>	<b>A 8:15a HIIT &amp; RUN</b>	Mary Kat		
		A 9:35a Low Impact	Jodie	<b>A 9:35a Bar and Burn</b>	Jackie	A 4:30p <b>BOX INTERVALS</b>	Travis	A 4:30p Cardio BLAST	Brenda	A 9:35a Core Conditioning 30	Emily		
		B 9:35a Yoga	Margree	<b>A 1:05p Tai Chi</b>	<b>Peggy</b>	<b>C 5:30p Cycle</b>	Emily	B 4:30p Pilates	Paula	B 9:35a Yoga	Lisa		
		A 4:30p Strength Circuit	Brenda	A 4:30p FIT CAMP	Katie	A 5:35p Turbo Kick	Zel	B 5:35p Yoga	Paula	A 10:45a Tai Chi	Peggy		
		<b>A 5:35p Turbo Kick</b>	Zel	A 5:35p Cardio Step	Brenda			A 5:35p <b>HIIT &amp; RUN</b>	Mary Kat				
	C 5:45p Power Cycle	Phillip											

<b>18</b>		<b>19 OUTDOOR SPIN!</b>		<b>20 4:30PM Cycle+ BOOTCAMP</b>		<b>21</b>		<b>22 8:15a Power Yoga with David</b>		<b>23 Tai Chi 10:45am</b>		<b>24 NEW 8am BOOTCAMP!</b>	
<b>B 4:00p Yoga</b>	Dee	<b>C 530a 30TK/ 30 Weights</b>	Zel	<b>A 5:30a BOOTCAMP</b>	Ste/Katie	<b>A 5:30a METRO MILERS</b>	Ste/Katie	A 5:30a Bar and Burn	Jackie	T 5:15a TRX	Kay	<b>A 8am BOOTCAMP</b>	Emily
<b>4pm Yoga w/Dee!</b>		B 8:00a Stretch Yoga 90	Dee	A 5:30a SCULPT	Brenda	B 8:00a Yoga 90	Margree	<b>T 5:30a Func Training</b>	<b>Ste/Katie</b>	T 6:30a TRX 101	Kay	<b>C 8:30a Cycle</b>	Zel
		<b>C 8:15a OUTDOOR SPIN</b>	LeighAnne	A8:30a Turbo Kick	Mary Kat	C 8:15a Cycle(45)	Mary Kat	<b>B 8:15a Power Yoga</b>	David	B 8:00a Stretch Yoga 90	Dee	<b>B 9:35a Yoga</b>	Margree
		A 8:30a <b>FULL BODY</b>	Mary Kat	<b>B 8:30a Dynamic Flow</b>	Rebecca	<b>A 8:30a Muscle MIX</b>	Leigh Anne	<b>A8:30a STEP IT UP</b>	Brenda	<b>C 8:15a Cycle</b>	Emily		
		<b>CONDITIONING</b>		<b>B 9:35a Core Conditioning 30</b>	Leigh A	A 9:35a Sculpt Lite	Delisa	A 9:35a BAR-Lates	Jodie	<b>A 8:15a Func Training</b>	Leigh A		
		A 9:35a Low Impact	Jodie	<b>A 9:35a Bar and Burn</b>	Jackie	A 4:30p <b>BOX INTERVALS</b>	Travis	A 4:30p Cardio BLAST	Brenda	A 9:35a Core Conditioning 30	Leigh A		
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		A 4:30p Strength Circuit	Brenda	<b>A 4:30p Cycle+BOOTCAMP</b>	Emily	A 5:35p Turbo Kick	Zel	B 5:35p Yoga	Paula	A 10:45a Tai Chi	Peggy		
		<b>A 5:35p Turbo Kick</b>	Mary Kat	A 5:35p Tabata Step	<b>Brenda</b>			<b>A 5:35p Kettlebell Strength</b>	Phillip				
	C 5:45p <b>OUTDOOR SPIN</b>	Zel							A5:15p Jungle Body	Angel			

<b>25</b>		<b>26</b>		<b>27 5:30a BOOTCAMP!</b>		<b>28</b>		<b>29 8:15a Power Yoga with David</b>		<b>30 Tai Chi 10:45am</b>		<b>31 Happy Halloween!</b>	
<b>B 4:00p Yoga</b>	Dee	<b>C 530a 30TK/ 30 Weights</b>	Zel	A 5:30a SCULPT	Brenda	<b>A 5:30a METRO MILERS</b>	Ste/Katie	A 5:30a Bar and Burn	Jackie	T 5:15a TRX	Kay	<b>A 8am BOOTCAMP</b>	Katie
<b>4pm Yoga w/Dee!</b>		B 8:00a Stretch Yoga 90	Dee	A8:30a Turbo Kick	Mary Kat	B 8:00a Yoga 90	Margree	<b>T 5:30a Func Training</b>	<b>Ste/Katie</b>	T 6:30a TRX 101	Kay	<b>C 8:30a Cycle</b>	Phillip
		<b>C 8:15a Cycle</b>	Leigh A	<b>B 8:30a Dynamic Flow</b>	Rebecca	C 8:15a Cycle(45)	Mary Kat	<b>B 8:15a Power Yoga</b>	David	B 8:00a Stretch Yoga 90	Dee	<b>T 9:00a SOS</b>	Jan
		A 8:30a <b>FULL BODY COND</b>	Mary Kat	<b>B 9:35a Core Conditioning 30</b>	Mary Kat	<b>A 8:30a Muscle MIX</b>	Leigh A	<b>A8:30a STEP IT UP</b>	Brenda	<b>C 8:15a Spooky Cycle</b>	Emily	<b>B 9:35a Yoga</b>	
		A 9:35a Low Impact	Jodie	<b>A 9:35a Bar and Burn</b>	Jackie	A 9:35a Sculpt Lite	Delisa	A 9:35a BAR-Lates	<b>Jodie</b>	<b>A 8:15a Spooky Sets</b>	Leigh A		
		9:35a Yoga	Margree	<b>A 1:05p Tai Chi</b>	Peggy	A 4:30p <b>BOX INTERVALS</b>	Travis	A 4:30p Cardio BLAST	<b>Brenda</b>	A 9:35a Core Conditioning 30	Leigh A		
		A 4:30p Strength Circuit	Brenda	A 4:30p FIT CAMP	Katie	<b>C 5:30p Cycle</b>	Emily	B 4:30p Pilates	Paula	B 9:35a Yoga	Lisa		
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