



October Fitness Class Schedule

Monday	Tuesday	Wednesday	Thursday	Friday
Boot Camp (Rebekah) 7:00 - 7:50 am	Splash & Tone (Lee) 8:15-9:00am	Boot Camp (Rebekah) 7:00 - 7:50 am	Splash & Tone (Lee) 8:15am-9:00am	Boot Camp (Rebekah) 7:00 - 7:50 am
<p><i>Classes in Blue are in the water in the lap pool.</i></p> <p><i>Like us on Facebook to keep up to date with new classes being added!</i></p>	Aqua Yoga (Lee) 9:10-9:55am	SilverSneakers Classic (Lee) 11:15am-12:05pm	Aqua Yoga (Lee) 9:10-9:55am	Power Yoga (Sammy) 9:00am-10:00am
	Silver Sneakers Classic (Lee) 10:00-10:50am			<p>Saturday</p> <p>POUND Rockout Workout (Ashley/Tracy) 9-9:45am</p> <p>We want to hear from you!</p> <p>Let us know what classes and class dates and times you'd like to see by filling out the survey at the front desk!</p>
	Zumba (Carrie) 5-5:50pm			
	SilverSneakers Yoga (Lee) 1:00-2:00 pm	Cardio & Kettlebell* (Tracy) 6-6:50pm	Zumba (Carrie) 5-5:50pm	
	Rock Bottom (Ashley/Tracy) 5-5:50pm	Combo Water Workout (Melissa) 6:00-6:45pm	Combo Water Workout (Melissa) 6-6:45pm	
Gentle Yoga (Bob) 5:30-6:45pm Community - B	Hardcore (Ashley) 6:00-7:00pm	Hardcore (Ashley) 6-7:00pm		
Cardio & Kettlebell* (Tracy) 6-6:50pm	Open Yoga (Bob) 6-7:15pm Community - B			

**Classes are held in the Studio unless otherwise noted*

**Please bring a bottle of water to class*

**Classes subject to cancel due to low participation*

**Please scan or check at front desk for most current schedule*

**Classes subject to change monthly*

**Specialty class pricing listed in class listing, drop-in rates available*

