

# October FITNESS SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday
<p><i>*Classes are held in the Studio <u>unless otherwise noted</u></i></p> <p><i>*Please bring a bottle of water to class</i></p> <p><i>*Classes subject to cancel due to low participation</i></p>	<p><b>Water Toning</b> (Lee) 7:30-8:15am Lap Pool</p> <p><b>Aqua Yoga</b> (Lee) 8:30-9:15am Lap Pool</p> <p><b>SilverFitness Splash</b> (Lee) 9:15-10:00am Lap Pool</p> <p><b>Silver Sneakers Classic</b> (Lee) 10:10-11:00am</p> <p><b>Silver Sneakers Yoga</b> (Lee) 11:15-12:05pm</p>	<p><b>Silver Sneakers Classic</b> (Lee) 11:15-12:05pm</p> <p><i>*Please scan or check at front desk for most current schedule</i></p> <p><i>*Classes subject to change monthly</i></p>	<p><b>Water Toning</b> (Lee) 7:30-8:15am Lap Pool</p> <p><b>Aqua Yoga</b> (Lee) 8:30-9:15am Lap Pool</p> <p><b>SilverFitness Splash</b> (Lee) 9:15-10:00am Lap Pool</p> <p><b>Silver Sneakers Classic</b> (Lee) 1:00-1:50pm</p> <p><b>Silver Chair Yoga</b> (Bob) 2:30-3:30pm</p>	<p><b>Saturday</b></p> <p><b>POUND Rockout Workout</b> (Ashley/Tracy) 9-9:45am</p> <p><i>Check at the front desk for our Pound punch cards!!</i></p>
<p><b>Rock Bottom</b> (Ashley/Tracy) 5-5:50pm</p>	<p><b>Combo Water Workout</b> (Melissa) 6:00-6:45pm</p>	<p><b>Cardio &amp; Kettlebell*</b> (Tracy) 6-6:50pm</p>	<p><b>Combo Water Workout</b> (Melissa) 6:00-6:45pm</p>	
<p><b>Gentle Yoga</b> (Bob) 5:30-6:45pm Community - B</p>	<p><b>Hardcore</b> (Ashley) 6-7:00pm</p>	<p><b>YOGATHLETE</b> (Ashley) 6-7:00pm Multi-A</p>		
<p><b>Cardio &amp; Kettlebell*</b> (Tracy) 6-6:50pm</p>	<p><b>Open Yoga</b> (Bob) 6-7:15pm Community - B</p>	<p><b>POUND Rockout Workout</b> (Ashley/Tracy) 7:15-8:00pm</p>	<p><b>Hardcore</b> (Ashley) 6-7:00pm</p>	

