



FOR YOUTH DEVELOPMENT®
 FOR HEALTHY LIVING
 FOR SOCIAL RESPONSIBILITY

HEALTHY LIVING: NOVEMBER

Group Fitness Schedule FALL 2017	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Schedule begins Sunday, Oct 1, 2017	6:00-7:00a Energize Step Diane		6:00-7:00a Energize Step Diane		6:00-7:00a Energize Step Diane		
Child Watch Hours: Monday 9-12, 4-7:30p Tuesday 9-12, 4-7:30 Wednesday 9-12, 4-7:30 Thursday 9-12, 4-7:30 Friday 9-12, 4-7:30 Saturday 9-12 noon Sunday - closed	7:00-8:00a 20-10 Keith	7:00-8:00a Pilates Louise	7:00-8:00a Mindful Meditation Alicia	7:00-8:00a Pilates Louise	7:00-8:00a Yogalates Barbara	7:30-8:30a Energize Step Diane	
	8:00-9:00a Body Sculpt Andy *in Exergame	8:00-9:00a Pilates Barbara	8:15-9:15a Low Impact Tammy S	8:00-9:00a Pilates Barbara	8:10-9:10a Low Impact Esther	8:00-9:00a Zumba Emily	
	8:15-9:10a Zumba Barbara	8:00-9:00a Fit for Life Frank *in Exergame		8:00-9:00a Fit for Life Frank *in Exergame		8:45-9:45a Hardcore Justin	
* Classes held upstairs in Exergame Room	9:15-10:15a Power Hour Barbara	9:15-10:15a Zumba Esther	9:30-10:30a Classic Nia Jessica A	9:15-10:15a Power Hour Charlene	9:20-10:20a Nia Sculpt Jessica A		
	10:45-11:45 Livestrong Alumni -Deb *in Exergame	9:15-10:15a Live Life Yoga Kay O *in Exergame	10:45-11:45 Livestrong Alumni -Deb *in Exergame	9:15-10:15a Live Life Yoga Kay O *in Exergame			
	10:45-11:45 Zumba Sona	10:30-11:30 Half and Half Marcia	10:45-11:45 Zumba Sona	10:30-11:30 Gentle Yoga Dessie	10:30-11:30 Body Sculpt Marcia		12:15-1:15p Zumba Christy
	11:45-12:45 Vitality Stretch Amy		11:45-12:45 Vitality Stretch Amy	11:45-12:45 Vitality Stretch Amy			1:45-2:45p Yoga Dawn S.
			1:00-2:00p Fitness Chair Denise G *in Exergame	1:45-2:30p Yoqua In Small Pool			1:45-2:30p Aqua Zumba Carolyn
	4:30-5:30p Zumba Christy	4:30-5:30p Restorative Yoga Julie	4:15-5:15p Restorative Yoga Kay	4:30-5:30p Zumba Christy			
	5:30-6p Fit Bootcamp Aynaz	5:00-6:00p Body Sculpt Chris *in Exergame	5:30-6:30p Cize Live Sona	5:30-6:30p Bootcamp Justin	6:00-7:00p Yin Yoga Julie		
	6:30-7:30p Yoga Flow Sheri	6:15-7:15p Tai Chi Roberta	6:30-7:30p Zumba Toning Carolyn	6:30-7:30p Yoga Julie			
				6:30-8:30p Aikido Larry M. *in Exergame			