

HEALTHY LIVING OCTOBER

GROUP FITNESS SCHEDULE

Group Fitness Schedule	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Fall 2015	6:00-7:00a Energize Step Diane		6:00-7:00a Energize Step Diane	6:00-7:00a Yoga Heather	6:00-7:00a Energize Step Diane/Carolyn		
Schedule Begins Thursday, October 1, 2015 and is subject to change		7:00-8:00a Pilates Louise	7:00-8:00a Yoga Kay	7:00-8:00a Pilates Barbara		7:30-8:30a Energize Step Diane	
Child Watch Hours: Monday 8-12, 4-7:30p Tuesday 9-12, 4-7:30 Wednesday 8-12,4-7:30 Thursday 9-12, 4-7:30 Friday 9-12, 4-7:30 Saturday 9-12noon Sunday - closed	8:00-9:00a Body Sculpt Andy	8:00-9:00a Pilates Barbara	8:15-9:15a Low Impact Tammy S.	8:00-9:00a Pilates Barbara	8:00-9:00a Low Impact Sue L.	8:00-9:00a Zumba Emily	
	8:15-9:10a Low Impact Barbara	8:00-9:00a Fit for Life Patience		8:00-9:00a Fit for Life Patience		8:45-9:45a Hardcore Justin	
	9:15-10:00a Pilates Susan F.	9:15-10:15a Powersculpt Susan F.	9:30-10:30a Killer Abs Susan F.	9:15-10:15a Power Hour Susan F.	9:15-10:15a Cardio Sculpt Jessica A.		
		9:15-10:15a Live Life Yoga Kay O.**		9:15-10:15a Live Life Yoga Kay O.**			
	10:45-11:45 Zumba Patience	10:30-11:30 Yoga Flow Kay O.	10:45-11:45 Zumba Sona		10:30-11:45a Vinyasa Flow Sally		12:15-1:15p Zumba Emily
		11:30-12:15 Yoqua (pool) Dawn					1:30-2:30p Yoga Dawn S.
		12:00-12:45 Deep Water (big pool)	1:00-2:00p Chair Denise G.	12:00-12:45 Deep Water (big pool)			1:30-2:15p Aqua Zumba Carolyn
	4:30-5:30p Zumba Christy	4:15p-5:15p Restorative Yoga-Sally	4:15-5:15p Restorative Yoga-Sally	4:30-5:30p Zumba Christy	5:00-6:00p Zumba Carrie		
	5:30-6:30p Just Core Carolyn	5:30-6:00p Insanity Carrie		5:30-6:30p Bootcamp Sue L.	6:00-7:00p Yoga Heather		
	6:30-7:30p Yoga Dawn S.	6:15-7:15p Tai Chi** Roberta	6:30-7:30p Zumba Tone Carolyn R.	6:30-7:30p Yoga Heather			
				7:30-8:30p Aikido Larry M.			

**upstairs