

Aerobics Studio Schedule **OCTOBER 2021**



START DATE: 10/1/21

TIME	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
AM	Morning Yoga Chris 8:30 AM - 9:30 AM	Morning Yoga Chris 8:30 AM - 9:30 AM	Vinyasa Yoga Jen 8:30 AM - 9:30 AM	Morning Yoga Chris 8:30 AM - 9:30 AM	Morning Yoga Chris 8:30 AM - 9:30 AM	Fit Mix Amelia 7:15 AM - 8:15 AM	
	Fit Mix Candice 10:00 AM - 11:00 AM	POP UP CLASSES Dorene then Varied 9:45 AM - 10:40 AM		Fit Mix Candice 10:00 AM - 11:00 AM		T2 Step Emily 8:30 AM - 9:15 AM	
		Stretch-Ability Cyndi 10:45 AM - 11:30 AM	Simple Tai Chi/ Yoga Ruth 10:00 AM - 10:45 AM		Simple Tai Chi/ Yoga Ruth 10:00 AM - 10:45 AM		

KARATE \$

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PM	Cardio Kickboxing Joe 6:15 PM - 7:00 PM	High Intensity Intervals Tina 6:45 PM - 7:30 PM	Cardio Kickboxing Joe 6:15 PM - 7:00 PM	High Intensity Intervals Tina 6:45 PM - 7:30 PM			
	Core Conditioning Joe 7:00 PM - 7:30 PM		Core Conditioning Joe 7:00 PM - 7:30 PM				

\$= if paid class. Register in advance for Sports & Group Fitness Specialty Classes