

Fitness Classes - October 2019

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

		<p>1 Indoor Cycling 6:00-7:00 Body Sculpting 8:30-9:15 *Slow Burn Yoga 9:30-10:30</p>	<p>2 *Yoga 9:15-10:00 Zumba 9:40-10:40 *Chair Pilates 10:30-11:30 *Balance & Flexibility 11:30-12:15 *Yoga 7:30pm-8:15pm</p>	<p>3 Indoor Cycling 6:00-7:00 Body Sculpting 8:30-9:15 *Slow Burn Yoga 9:30-10:30</p>	<p>4 Zumba 8:45-9:30 Pilates 9:30-10:30 Cardio Sport 7:00pm-8:00pm</p>	<p>5 Circuit Saturdays 8:30-9:15 Indoor Cycling 9:30-10:30</p>
<p>6 Indoor Cycling 8:15-9:15</p>	<p>7 *Balance & Flexibility 8:00-9:00 *Chair Pilates 9:00-10:00 Pilates 9:30-10:30 Cardio Sport 7:00pm-8:00pm *Yoga 7:30pm-8:15pm</p>	<p>8 Indoor Cycling 6:00-7:00 Body Sculpting 8:30-9:15 *Slow Burn Yoga 9:30-10:30</p>	<p>9 *Yoga 9:15-10:00 Zumba 9:40-10:40 *Chair Pilates 10:30-11:30 *Balance & Flexibility 11:30-12:15 *Yoga 7:30pm-8:15pm</p>	<p>10 Indoor Cycling 6:00-7:00 Body Sculpting 8:30-9:15 *Slow Burn Yoga 9:30-10:30</p>	<p>11 Zumba 8:45-9:30 Pilates 9:30-10:30 Cardio Sport 7:00pm-8:00pm</p>	<p>12 Circuit Saturdays 8:30-9:15 Indoor Cycling 9:30-10:30</p>
<p>13 Indoor Cycling 8:15-9:15</p>	<p>14 *Balance & Flexibility 8:00-9:00 *Chair Pilates 9:00-10:00 Pilates 9:30-10:30 Cardio Sport 7:00pm-8:00pm *Yoga 7:30pm-8:15pm</p>	<p>15 Indoor Cycling 6:00-7:00 Body Sculpting 8:30-9:15 *Slow Burn Yoga 9:30-10:30</p>	<p>16 *Yoga 9:15-10:00 Zumba 9:40-10:40 *Chair Pilates 10:30-11:30 *Balance & Flexibility 11:30-12:15 *Yoga 7:30pm-8:15pm</p>	<p>17 Indoor Cycling 6:00-7:00 Body Sculpting 8:30-9:15 *Slow Burn Yoga 9:30-10:30</p>	<p>18 Zumba 8:45-9:30 Pilates 9:30-10:30 Cardio Sport 7:00pm-8:00pm</p>	<p>19 Circuit Saturdays 8:30-9:15 Indoor Cycling 9:30-10:30</p>
<p>20 Indoor Cycling 8:15-9:15</p>	<p>21 *Balance & Flexibility 8:00-9:00 *Chair Pilates 9:00-10:00 Pilates 9:30-10:30 Cardio Sport 7:00pm-8:00pm *Yoga 7:30pm-8:15pm</p>	<p>22 Indoor Cycling 6:00-7:00 Body Sculpting 8:30-9:15 *Slow Burn Yoga 9:30-10:30</p>	<p>23 *Yoga 9:15-10:00 Zumba 9:40-10:40 *Chair Pilates 10:30-11:30 *Balance & Flexibility 11:30-12:15 *Yoga 7:30pm-8:15pm</p>	<p>24 Indoor Cycling 6:00-7:00 Body Sculpting 8:30-9:15 *Slow Burn Yoga 9:30-10:30</p>	<p>25 No Classes Due to Halloween In the Park</p>	<p>26 No Classes Due to Halloween In the Park</p>
<p>27 No Classes Due to Halloween In the Park</p>	<p>28 *Balance & Flexibility 8:00-9:00 *Chair Pilates 9:00-10:00 Pilates 9:30-10:30 Cardio Sport 7:00pm-8:00pm *Yoga 7:30pm-8:15pm</p>	<p>29 Indoor Cycling 6:00-7:00 Body Sculpting 8:30-9:15 *Slow Burn Yoga 9:30-10:30</p>	<p>30 *Yoga 9:15-10:00 Zumba 9:40-10:40 *Chair Pilates 10:30-11:30 *Balance & Flexibility 11:30-12:15 *Yoga 7:30pm-8:15pm</p>	<p>31 Indoor Cycling 6:00-7:00 Body Sculpting 8:30-9:15 *Slow Burn Yoga 9:30-10:30</p>	<p>Note: *(class held in lounge)</p>	