



OCTOBER 2017 GROUP FITNESS

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday/Sunday
					1 5:00pm YOGA - Ann
2 8:15am TOTAL BODY - Susan 9:15am PILATES - Ainsley 5:30pm Aerobic Room CLOSED for club use until 6:30pm	3 9:00am BODY POWER-Rebecca 10:00am YOGA - Katherine 11:00am CYCLE - Vanessa 4:00pm PILATES - Gloria 5:30pm YOGA - Pam	4 8:15am TOTAL BODY-Candice 9:15am PILATES - Ainsley New! 5:30pm TRX CIRCUITS-Vanessa Build strength, power & flexibility with TRX exercises & boot-camp style drills!	5 9:00am BODY POWER - Gloria 10:00am YOGA - Katherine 11:00am CYCLE - NO CLASS 4:30pm Aerobic Room CLOSED for club use until 5:30pm 5:30pm YOGA - Ann	6 8:15am TOTAL BODY - Gloria 9:15am PILATES - Ainsley	7 9:00am TOTAL BODY - Susan 8 5:00pm YOGA - Ann
9 8:15am TOTAL BODY - Susan 9:15am PILATES - Ainsley 5:30pm Aerobic Room CLOSED for club use until 6:30pm	10 9:00am BODY POWER-Rebecca 10:00am YOGA - Katherine 11:00am CYCLE - Vanessa 4:00pm PILATES - Gloria 5:30pm YOGA - Ann	11 8:15am TOTAL BODY-Candice 9:15am PILATES - Ainsley New! 5:30pm TRX CIRCUITS-Vanessa	12 9:00am BODY POWER - Gloria 10:00am YOGA - Katherine 11:00am CYCLE - Latham 4:30pm Aerobic Room CLOSED for club use until 5:30pm 5:30pm YOGA - Ann	13 8:15am TOTAL BODY - Gloria 9:15am PILATES - Ainsley	14 9:00am TOTAL BODY - Susan 15 5:00pm YOGA - Ann
16 8:15am TOTAL BODY - Susan 9:15am PILATES - Ainsley 5:30pm Aerobic Room CLOSED for club use until 6:30pm	17 9:00am BODY POWER-Rebecca 10:00am YOGA - Katherine 11:00am CYCLE - Vanessa 4:00pm PILATES - Gloria 5:30pm YOGA - Ann	18 8:15am TOTAL BODY - Susan 9:15am PILATES - Ainsley New! 5:30pm TRX CIRCUITS-Vanessa	19 9:00am BODY POWER - Gloria 10:00am YOGA - Katherine 11:00am CYCLE - Latham 4:30pm Aerobic Room CLOSED for club use until 5:30pm 5:30pm YOGA - Ann	20 8:15am TOTAL BODY - Susan 9:15am PILATES - Ainsley	21 9:00am STEP - Gloria 22 5:00pm YOGA - Ann
23/30 8:15am TOTAL BODY - Susan 9:15am PILATES - Ainsley 5:30pm Aerobic Room CLOSED for club use until 6:30pm	24/31 9:00am BODY POWER-Rebecca 10:00am YOGA - Katherine 11:00am CYCLE-Latham/Vanessa 4:00pm PILATES - Gloria 5:30pm YOGA - Ann	25 8:15am TOTAL BODY-Candice 9:15am PILATES - Ainsley New! 5:30pm TRX CIRCUITS-Kyle	26 9:00am BODY POWER - Gloria 10:00am YOGA - Katherine 11:00am CYCLE - Latham 4:30pm Aerobic Room CLOSED for club use until 5:30pm 5:30pm YOGA - Ann	27 8:15am TOTAL BODY - Gloria 9:15am PILATES - Ainsley	28 9:00am STEP - Caitlin 29 5:00pm YOGA - Ann