



GROUP FITNESS

SPORTS OF ALL SORTS



OCTOBER- 2017

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2 10:00-11:00 (KARIN) SilverSneakers Classic 10-1 Fall SENIOR Social 6:30 - 7:30 WES POUND!!	3 9:30-10:20am (Toni) SENIOR'S YOGA	4 9:30-10:25am (Lisa) Senior Strength & Cond. 10:45-11:40am (ANGI) SilverSneakers Classic 6:30-7:25pm (KARIN) Cardio Sculpt	5 6:30pm-7:15 (Karin) BUTTS & GUTS	6 9:30-10:25am (Karin) Senior Strength & Cond. 10:45-11:40am (Toni) SilverSneakers Classic	7 BOOT CAMP 10:00 Fitness Center (Karin)
8	9 9:30-10:25 (Karin) Senior Strength & Cond. 10:45-11:40am (Toni) SilverSneakers Classic 6:30 - 7:30 JEANNINE STRONG - By: Zumba!	10 9:30-10:20am (Toni) SENIOR'S YOGA	11 9:30-10:25am (Toni) Senior Strength & Cond. 10:45-11:40am (Lisa) SilverSneakers Classic 6:30-7:25pm (TONI) YOGA	12 6:30pm-7:15 (Karin) BUTTS & GUTS	13 9:30-10:25am (Karin) Senior Strength & Cond. 10:45-11:40am (Toni) SilverSneakers Classic	14 YOGA 10:00 Group Fitness Room (Toni)
15	16 9:30-10:25am (Karin) Senior Strength & Cond. 10:45 - 11:40 (Angi) SilverSneakers Classic 6:30 - 7:30 LISA CARDIO DANCE!!	17 9:30-10:20am (Toni) SENIOR'S YOGA	18 9:30-10:25am (Lisa) Senior Strength & Cond. 10:45-11:40am (Angi) SilverSneakers Classic 6:30pm-7:15 Toni YOGA	19 6:30pm-7:15 (Karin) BUTTS & GUTS	20 9:30-10:25am (Karin) Senior Strength & Cond. 10:45-11:40am (Toni) SilverSneakers Classic	21 POUND FOR PINK today!! POUND!! With WES Group Fitness Room 10:00 a.m. WEAR PINK!!!!
22 Silver Sneakers 25th ANNIVERSARY Enjoy a FUN DAY of classes on WED. 25th	23 9:30-10:25am (Karin) Senior Strength & Cond. 10:45-11:40am (Angi) SilverSneakers Classic 6:30 - 7:30 LISA CARDIO DANCE!!	24 9:30-10:20am (Toni) SENIOR'S YOGA	25 25th ANNIV!!! 9:30-10:25am (Toni) Senior Strength & Cond. 10:45-11:40am (Lisa) SilverSneakers Classic 6:30-7:25pm (Karin) Burn & Blast	26 6:30pm-7:15 (Karin) BUTTS & GUTS	27 9:30-10:25am (Angi) Senior Strength & Cond. 10:45-11:40am (Toni) SilverSneakers Classic	28 BOOT CAMP 10:00 Fitness Center (Lisa)
29 	30 9:30-10:25am (Karin) Senior Strength & Cond. 10:45-11:40 (Toni) SilverSneakers Classic 6:30-7:30 pm KARIN Burn & Blast	31 9:30-10:20 (Toni) SENIOR'S YOGA				