



GROUP FITNESS

SPORTS OF ALL SORTS



OCTOBER ~ 2018

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 8:30 - 9:20 (Stacey T) Senior Strength PLUS+ 9:30 - 10:20 (Angi) Senior-FIT 10:30-11:20 (Toni) Silver Sneaker's Classic	2 9:30-10:20 (Toni) Silver Sneaker's Yoga 10:30 - 11:40 (Lisa) DANCE-FIT	3 8:30-9:20 (Stacey T) Senior Strength PLUS + 9:30 - 10:20 (Amy) Senior-Fit 10:30-11:20 (Lisa) Silver Sneaker's Classic	4 10:00 - 10:30 (Lisa) Silver Sneaker's Stability 10:40-11:40 (Lisa) DANCE-FIT	5 8:30-9:20 (Stacey T) Senior Strength PLUS + 9:30-10:20 (Stacey T) Senior-Fit 10:30 - 11:20 (Toni) SilverSneakers Classic	
7	8 8:30 - 9:20 (Stacey T) Senior Strength PLUS+ 9:30 - 10:20 (Lisa) Senior-FIT 10:30-11:20 (Toni) Silver Sneaker's Classic	9 9:30-10:20 (Toni) Silver Sneaker's Yoga 10:30 - 11:40 (Lisa) DANCE-FIT	10 8:30-9:20 (Stacey T) Senior Strength PLUS + 9:30 - 10:20 (ANGI) Senior-Fit 10:30-11:20 (Lisa) Silver Sneaker's Classic	11 10:00 - 10:30 (Lisa) Silver Sneaker's Stability 10:40-11:40 (Lisa) DANCE-FIT	12 8:30-9:20 (Stacey T) Senior Strength PLUS + 9:30-10:20 (Angi) Senior-Fit 10:30 - 11:20 (Toni) SilverSneakers Classic	PLEASE WEAR PINK on MONDAY.
14 	15 PINK OUT DAY 1 BIG SENIOR-FIT CLASS on Court 1 9:00 - 10:00 10:30-11:20 (Toni) Silver Sneaker's Classic	16 9:30-10:20 (Toni) Silver Sneaker's Yoga 10:30 - 11:40 (Lisa) DANCE-FIT	17 8:30-9:20 (Stacey T) Senior Strength PLUS + 9:30 - 10:20 (Amy) Senior-Fit 10:30-11:20 (Lisa) Silver Sneaker's Classic	18 10:00 - 10:30 (Lisa) Silver Sneaker's Stability 10:40-11:40 (Lisa) DANCE-FIT	19 8:30-9:20 (Stacey T) Senior Strength PLUS + 9:30-10:20 (Angi) Senior-Fit 10:30 - 11:20 (Toni) SilverSneakers Classic	20
21	22 8:30 - 9:20 (Stacey T) Senior Strength PLUS+ 9:30 - 10:20 (Angi) Senior-FIT 10:30-11:20 (Toni) Silver Sneaker's Classic	23 9:30-10:20 (Toni) Silver Sneaker's Yoga 10:30 - 11:40 (Lisa) DANCE-FIT	24 8:30-9:20 (Stacey T) Senior Strength PLUS + 9:30 - 10:20 (Amy) Senior-Fit 10:30-11:20 (Lisa) Silver Sneaker's Classic	25 10:00 - 10:30 (Lisa) Silver Sneaker's Stability 10:40-11:40 (Lisa) DANCE-FIT	26 8:30-9:20 (Stacey T) Senior Strength PLUS + 9:30-10:20 (Angi) Senior-Fit 10:30 - 11:20 (Toni) SilverSneakers Classic	27
28	29 8:30 - 9:20 (Stacey T) Senior Strength PLUS+ 9:30 - 10:20 (Angi) Senior-FIT 10:30-11:20 (Toni) Silver Sneaker's Classic	30 9:30-10:20 (Toni) Silver Sneaker's Yoga 10:30 - 11:40 (Lisa) DANCE-FIT	31 Happy Halloween 8:30-9:20 (Stacey T) Senior Strength PLUS + 9:30 - 10:20 (Amy) Senior-Fit 10:30-11:20 (ANGI) Silver Sneaker's Classic	10/31 = Stacey's last class until JANUARY!!		