



# GROUP FITNESS

## SPORTS OF ALL SORTS



**OCTOBER 2021**

| SUNDAY                                                                                             | MONDAY                                                                                                           | TUESDAY                                                                                                                                                                     | WEDNESDAY                                                                                                                                               | THURSDAY                                                                                              | FRIDAY                                                                                                                                            | SATURDAY                                                                                 |
|----------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------|
|                   |                                                                                                                  | <b>NEW THIS MONTH!</b><br><b>CARDIO DANCE!</b><br>EVERY TUES @ 9:30AM<br>JOIN THE FUN!<br> | <b>NEW!</b><br><b>EVERY WEDNESDAY</b><br><b>10:30AM CIRCUIT!</b><br> |                    | 1<br>9:30 - 10:15<br><b>Senior-FIT</b><br><b>TONI</b><br>10:30-11:15<br><b>Silver Sneaker's Classic</b><br><b>TONI</b>                            | 2<br> |
| 3                                                                                                  | 4                                                                                                                | 5                                                                                                                                                                           | 6                                                                                                                                                       | 7                                                                                                     | 8                                                                                                                                                 | 9                                                                                        |
|                                                                                                    | 9:30 - 10:15<br><b>Senior-FIT</b><br><b>AMY</b><br>10:30-11:15<br><b>Silver Sneaker's Classic</b><br><b>TONI</b> | 9:30-10:15<br><b>CARDIO-DANCE</b><br><b>AMY</b><br>10:30-11:15<br><b>CHAIR YOGA</b><br><b>TONI</b>                                                                          | 9:30 - 10:15<br><b>Senior-FIT</b><br>10:30 - 11:15<br><b>CIRCUIT</b><br><b>AMY</b>                                                                      | 9:30-10:15<br><b>CARDIO DRUMMING</b><br><b>AMY</b><br>10:30-11:15<br><b>CHAIR YOGA</b><br><b>TONI</b> | 9:30 - 10:15<br><b>Senior-FIT</b><br><b>TONI</b><br>10:30-11:15<br><b>Silver Sneaker's Classic</b><br><b>TONI</b>                                 |                                                                                          |
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