

# October Group Exercise Classes



FS1: Fitness Studio 1 FS2: Fitness Studio 2 FS3: Fitness Studio 3 RC3: Racquetball Court SP: Small Pool LP: Small Pool

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:00AM	<b>BodyPump*</b> 5:15-6:15am (FS1) Mary Hendron	<b>Indoor Cycling*</b> 5:05-5:50am (FS3) Keith Watts	<b>BodyPump*</b> 5:15-6:15am (FS1) Mary Hendron	<b>Indoor Cycling*</b> 5:05-5:50am (FS3) Keith Watts	<b>BodyPump*</b> 5:15-6:15am (FS1) Mary Hendron	
	<b>Indoor Cycling*</b> 5:30-6:15am (FS3) Randy Sirk	<b>Boot Camp</b> 5:30-6:15am (FS1) Shelby Moser	<b>Indoor Cycling*</b> 5:30-6:15am (FS3) Randy Sirk	<b>TRX*</b> 5:15-6:00am (FS1) Jamie Hoffmann	<b>Indoor Cycling*</b> 5:30-6:15am (FS3) Randy Sirk	
6:00AM		<b>Indoor Cycling*</b> 6:00-6:45am (FS3) Casey Breitbach		<b>Indoor Cycling*</b> 6:00-6:45am (FS3) Casey Breitbach		
		<b>CXWORX</b> 6:30-7:00am (FS1) Jamie Hoffmann		<b>CXWORX</b> 6:30-7:00am (FS1) Jamie Hoffmann		
7:00AM	<b>Beginner Tai Chi</b> 7:30-8:15am (FS1) Jayne Miller	<b>BodyPump*</b> 7:30-8:30am (FS1) Jamie Hoffmann	<b>Beginner Tai Chi</b> 7:30-8:15am (FS1) Jayne Miller	<b>BodyPump*</b> 7:30-8:30am (FS1) Jamie Hoffmann		<b>BodyPump*</b> 7:30-8:30am (FS1) Jamie Hoffmann
	<b>Aqua Zumba</b> 7:45-8:30am (SP) Mari Hammel					<b>Indoor Cycling*</b> 7:30-8:15am (FS3) Kayla Goedken
8:00AM	<b>Warm Water Aero.</b> 8:00-9:00am (SP) Claire Lattner	<b>Deep Water Aero.</b> 8:30-9:15am (LP) Linda Barbaro	<b>Warm Water Aero.</b> 8:00-9:00am (SP) Claire Lattner	<b>Deep Water Aero.</b> 8:30-9:15am (LP) Linda Barbaro	<b>Water Slow &amp; Easy</b> 8:00-9:00am (SP) Ann Greenlee	<b>Insanity</b> 8:30-9:30am (FS1) Jamie Hoffmann
	<b>Advanced Tai Chi</b> 8:30-9:30am (FS1) Jayne Miller	<b>Yoga</b> 8:30-9:30am (RC3) Lynette Howe	<b>Advanced Tai Chi</b> 8:30-9:30am (FS1) Jayne Miller	<b>Yoga</b> 8:30-9:30am (RC3) Lynette Howe	<b>Tai Chi Practice</b> 8:00-9:00am (FS1) (No Instructor)	<b>Indoor Cycling*</b> 8:30-9:30am (FS3) Greg Williams
	<b>Aqua Aerobics</b> 8:30-9:15am (LP) Tracy Tallent	<b>BodyPump*</b> 8:30-9:30am (FS1) Tracy Tallent	<b>Aqua Aerobics</b> 8:30-9:15am (LP) Tracy Tallent	<b>BodyPump*</b> 8:30-9:30am (FS1) Tracy Tallent	<b>Deep Water Aero.</b> 8:30-9:15am (LP) Tracy Tallent	<b>Aqua Aerobics</b> 8:30-9:15am (LP) Michelle Moody
	<b>Indoor Cycling*</b> 8:30-9:15am (FS3) Rotating Instructor		<b>Barre</b> 8:30-9:15am (FS3) Pam Connolly		<b>Indoor Cycling*</b> 8:30-9:15am (FS3) Jamie Hoffmann	
9:00AM	<b>Resist-A-Ball</b> 9:30-10:00am (FS1) Carol Collins	<b>SMALL GROUP TRAINING</b> Coming in November	<b>CXWORX</b> 9:30-10:00am (FS1) Carol Collins	<b>SMALL GROUP TRAINING</b> Coming in November	<b>Upper Body Cond.</b> 9:00-9:30am (FS1) Carol Collins	<b>CXWORX</b> 9:30-10:00am (FS1) Carol Collins
	<b>Insanity</b> 9:30-10:30am (FS3) Jamie Hoffmann		<b>Insanity</b> 9:30-10:30am (FS3) Jamie Hoffmann		<b>Lower Body Cond.</b> 9:30-10:00am (FS1) Carol Collins	
		<b>Indoor Cycling*</b> 9:00-9:45am (FS3) Jess Ochoa		<b>Tabata Cycle*</b> 9:00-10:00am (FS3) Erin Neises		
		<b>Pedal for Purpose</b> 9:20-9:50am (LP) Linda Barbaro		<b>Pedal for Purpose</b> 9:20-9:50am (LP) Linda Barbaro		
		<b>Aqua Yoga</b> 9:45-10:30am (SP) Lynette Howe		<b>Aqua Yoga</b> 9:45-10:30am (SP) Lynette Howe		

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
10:00AM	<p><b>NEW</b></p> <p><b>Enhance@Fitness</b> Arthritis Management Exercise Program 10:00-11:00am (FS1) Registration required - Ask front desk how to JOIN TODAY!</p>	<p><b>Boomers Plus</b> 10:15-11:00am (FS1) Carol Collins</p>	<p><b>NEW</b></p> <p><b>Enhance@Fitness</b> Arthritis Management Exercise Program 10:00-11:00am (FS1) Registration required - Ask front desk how to JOIN TODAY!</p>	<p><b>Boomers Plus</b> 10:15-11:00am (FS1) Carol Collins</p>	<p><b>NEW</b></p> <p><b>Enhance@Fitness</b> Arthritis Management Exercise Program 10:00-11:00am (FS1) Registration required - Ask front desk how to JOIN TODAY!</p>	<p><b>NEW</b></p> <p><b>DanceFit</b> 10:05-11:00am (FS1) Ryan Lyles</p>
11:00AM	<p><b>Fit 4 Life</b> 11:00-12:00pm (FS1) Judy Roling</p>	<p><b>Zumba Gold</b> 11:00-12:00pm (FS1) Carol Collins</p>	<p><b>Fit 4 Life</b> 11:00-12:00pm (FS1) Judy Roling</p>	<p><b>Fit 4 Life</b> 11:00-12:00pm (FS1) Judy Roling</p>	<p><b>Fit 4 Life</b> 11:00-12:00pm (FS1) Judy Roling</p>	
	<p><b>Warm Water Aero.</b> 11:15-12:00pm (SP) Bonnie</p>	<p><b>NEW</b></p> <p><b>Aqua Conditioning</b> 11:15-12:00pm (SP) Cathy</p>	<p><b>Warm Water Aero.</b> 11:15-12:00pm (SP) Bonnie</p>	<p><b>NEW</b></p> <p><b>Aqua Conditioning</b> 11:15-12:00pm (SP) Cathy</p>	<p><b>Warm Water Aero.</b> 11:15-12:00pm (SP) Bonnie</p>	
				<p><b>NEW</b></p> <p><b>Aqua Zumba</b> 10:30-11:15am (LP) Kristy Custer</p>		
12:00PM	<p><b>BodyPump*</b> 12:05-1:05pm (FS1) Carol Collins</p>	<p><b>Indoor Cycling*</b> 12:05-12:55pm (FS3) Greg Williams</p>	<p><b>BodyPump*</b> 12:05-1:05pm (FS1) Carol Collins</p>	<p><b>Indoor Cycling*</b> 12:05-12:55pm (FS3) Greg Williams</p>	<p><b>BodyPump*</b> 12:05-1:05pm (FS1) Rotating Instructor</p>	
1:00PM				<p><b>Water Slow &amp; Easy</b> 1:00-1:45pm (SP) Kristy Custer</p>		
4:00PM		<p><b>CXWORX</b> 4:30-5:00pm (FS1) Tracy Tallent</p>		<p><b>CXWORX</b> 4:30-5:00pm (FS1) Tracy Tallent</p>		
5:00PM	<p><b>Aqua Aerobics</b> 5:30-6:15pm (LP) Michelle Moody</p>	<p><b>Zumba Toning</b> 5:30-6:15pm (FS1) Tiffany Beltran</p>	<p><b>Indoor Cycling*</b> 5:30-6:15pm (FS3) Rotating Instructor</p>	<p><b>Boot Camp</b> 5:30-6:15pm (FS3) Christina</p>		
	<p><b>Indoor Cycling*</b> 5:30-6:15pm (FS3) Greg Williams</p>	<p><i>Indoor Cycling class will return in November</i></p>	<p><b>Yoga</b> 5:30-6:30pm (FS2) Jai Ram</p>	<p><b>BodyPump*</b> 5:30-6:30pm (FS1) Carol Collins</p>		
	<p><b>Yoga</b> 5:30-6:30pm (FS2) Jai Ram</p>		<p><b>BodyPump*</b> 5:30-6:30pm (FS1) Mary Hendron</p>	<p><b>NEW</b></p> <p><b>Yoga Faith</b> 5:30-6:30pm (FS2) Come and join Pastoral Intern Allie Smith for some gentle, Christian yoga!</p>		
	<p><b>BodyPump*</b> 5:30-6:30pm (FS1) Tracy Tallent</p>					
6:00PM	<p><b>NEW</b></p> <p><b>Dance Fit</b> 6:35-7:20pm (FS1) Ryan Lyles</p>		<p><b>Aqua Aerobics</b> 6:30-7:15pm (LP) Michelle Moody</p>	<p><b>NEW</b></p> <p><b>Zumba</b> 6:35-7:20pm (FS1) Tiffany Beltran</p>		
	<p><b>NEW</b></p> <p><b>Beginner Cycle*</b> 6:30-7:00pm (FS3) Kayla Goedken</p>		<p><b>STRONG by Zumba</b> 6:35-7:20pm (FS1) Carol/Shelby</p>			
7:00PM	<p><b>Kickboxing</b> 7:30-8:30pm (FS1) Pat Hayes</p>		<p><b>Kickboxing</b> 7:30-8:30pm (FS1) Pat Hayes</p>			