

OCTOBER

strength & toning MONTHLY CLASS SCHEDULE



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	<p>1</p> <p>Senior Fun & Fit Kelley 8:45-9:30 am (G2)</p> <p>Senior Circuit Kelley 9:45-10:30 am (G2)</p> <p>BODYPUMP Tammy 12:00-12:45 pm (G2)</p> <p>BODYPUMP Alyssa 4:45-5:45 pm (G2)</p>	<p>2</p> <p>BODYPUMP Yvonne 5:30-6:30 am (G2)</p> <p>BODYPUMP Amber 9:00-10:00 am (G2)</p> <p>SS Classic Margaret 11:00-11:45 am (Y1)</p> <p>BODYPUMP Katie 5:15-6:00 pm (G2)</p>	<p>3</p> <p>Senior Fun & Fit Kelley 8:45-9:30 am (G2)</p> <p>Senior Circuit Kelley 9:45-10:30 am (G2)</p> <p>BODYPUMP Alyssa 12:00-12:45 pm (G2)</p> <p>BODYPUMP Naomi 4:45-5:45 pm (G2)</p> <p>BODYPUMP Yvonne 7:00-8:00 pm (G2)</p>	<p>4</p> <p>BODYPUMP Naomi 5:30-6:30 am (G2)</p> <p>BODYPUMP Amber 10:15-11:15 am (G2)</p>	<p>5</p> <p>BODYPUMP Alyssa 10:00-11:00 am (G2)</p>	<p>6</p> <p>BODYPUMP Sandy 10:45-11:45 am (G2)</p>
<p>7</p> <p>BODYPUMP Sandy 5:30-6:30 am (G2)</p> <p>BODYPUMP Naomi 9:00-10:00 am (G2)</p> <p>BODYPUMP Yvonne 7:00-8:00 pm (G2)</p>	<p>8</p> <p>Senior Fun & Fit Kelley 8:45-9:30 am (G2)</p> <p>Senior Circuit Kelley 9:45-10:30 am (G2)</p> <p>BODYPUMP Tammy 12:00-12:45 pm (G2)</p> <p>BODYPUMP Alyssa 4:45-5:45 pm (G2)</p>	<p>9</p> <p>BODYPUMP Yvonne 5:30-6:30 am (G2)</p> <p>BODYPUMP Amber 9:00-10:00 am (G2)</p> <p>SS Classic Margaret 11:00-11:45 am (Y1)</p> <p>BODYPUMP Katie 5:15-6:00 pm (G2)</p>	<p>10</p> <p>Senior Fun & Fit Kelley 8:45-9:30 am (G2)</p> <p>Senior Circuit Kelley 9:45-10:30 am (G2)</p> <p>BODYPUMP Alyssa 12:00-12:45 pm (G2)</p> <p>BODYPUMP Yvonne 4:45-5:45 pm (G2)</p> <p>BODYPUMP TBD 7:00-8:00 pm (G2)</p>	<p>11</p> <p>BODYPUMP Naomi 5:30-6:30 am (G2)</p> <p>BODYPUMP Amber 10:15-11:15 am (G2)</p>	<p>12</p> <p>BODYPUMP Naomi 10:00-11:00 am (G2)</p>	<p>13</p> <p>BODYPUMP Alyssa 10:45-11:45 am (G2)</p>
<p>14</p> <p>BODYPUMP Sandy 5:30-6:30 am (G2)</p> <p>BODYPUMP Amber 9:00-10:00 am (G2)</p> <p>BODYPUMP Humberto 7:00-8:00 pm (G2)</p>	<p>15</p> <p>Senior Fun & Fit Kelley 8:45-9:30 am (G2)</p> <p>Senior Circuit Kelley 9:45-10:30 am (G2)</p> <p>BODYPUMP Tammy 12:00-12:45 pm (G2)</p> <p>BODYPUMP Alyssa 4:45-5:45 pm (G2)</p>	<p>16</p> <p>BODYPUMP Humberto 5:30-6:30 am (G2)</p> <p>BODYPUMP Amber 9:00-10:00 am (G2)</p> <p>SS Classic Margaret 11:00-11:45 am (Y1)</p> <p>BODYPUMP Katie 5:15-6:00 pm (G2)</p>	<p>17</p> <p>Senior Fun & Fit TBD 8:45-9:30 am (G2)</p> <p>Senior Circuit TBD 9:45-10:30 am (G2)</p> <p>BODYPUMP Alyssa 12:00-12:45 pm (G2)</p> <p>BODYPUMP TBD 4:45-5:45 pm (G2)</p> <p>BODYPUMP Sandy 7:00-8:00 pm (G2)</p>	<p>18</p> <p>BODYPUMP Sandy 5:30-6:30 am (G2)</p> <p>BODYPUMP Amber 10:15-11:15 am (G2)</p>	<p>19</p> <p>BODYPUMP Alyssa 10:00-11:00 am (G2)</p>	<p>20</p> <p>BODYPUMP Humberto 10:45-11:45 am (G2)</p>
<p>21</p> <p>BODYPUMP Sandy 5:30-6:30 am (G2)</p> <p>BODYPUMP Naomi 9:00-10:00 am (G2)</p> <p>BODYPUMP Yvonne 7:00-8:00 pm (G2)</p>	<p>22</p> <p>Senior Fun & Fit Kelley 8:45-9:30 am (G2)</p> <p>Senior Circuit Kelley 9:45-10:30 am (G2)</p> <p>BODYPUMP Tammy 12:00-12:45 pm (G2)</p> <p>BODYPUMP Alyssa 4:45-5:45 pm (G2)</p>	<p>23</p> <p>BODYPUMP Yvonne 5:30-6:30 am (G2)</p> <p>BODYPUMP Amber 9:00-10:00 am (G2)</p> <p>SS Classic Margaret 11:00-11:45 am (Y1)</p> <p>BODYPUMP Katie 5:15-6:00 pm (G2)</p>	<p>24</p> <p>Senior Fun & Fit Kelley 8:45-9:30 am (G2)</p> <p>Senior Circuit Kelley 9:45-10:30 am (G2)</p> <p>BODYPUMP Alyssa 12:00-12:45 pm (G2)</p> <p>BODYPUMP Naomi 4:45-5:45 pm (G2)</p> <p>BODYPUMP Yvonne 7:00-8:00 pm (G2)</p>	<p>25</p> <p>BODYPUMP Sandy 5:30-6:30 am (G2)</p> <p>BODYPUMP Amber 10:15-11:15 am (G2)</p>	<p>26</p> <p>BODYPUMP Yvonne 10:00-11:00 am (G2)</p>	<p>27</p> <p>BODYPUMP Sandy 10:45-11:45 am (G2)</p>
<p>28</p> <p>BODYPUMP Sandy 5:30-6:30 am (G2)</p> <p>BODYPUMP Naomi 9:00-10:00 am (G2)</p> <p>BODYPUMP Katya 7:00-8:00 pm (G2)</p>	<p>29</p> <p>Senior Fun & Fit Kelley 8:45-9:30 am (G2)</p> <p>Senior Circuit Kelley 9:45-10:30 am (G2)</p> <p>BODYPUMP Tammy 12:00-12:45 pm (G2)</p> <p>BODYPUMP Alyssa 4:45-5:45 pm (G2)</p>	<p>30</p> <p>BODYPUMP Yvonne 5:30-6:30 am (G2)</p> <p>BODYPUMP Amber 9:00-10:00 am (G2)</p> <p>SS Classic Margaret 11:00-11:45 am (Y1)</p> <p>BODYPUMP Katie 5:15-6:00 pm (G2)</p>	<p>31</p> <p>Senior Fun & Fit Kelley 8:45-9:30 am (G2)</p> <p>Senior Circuit Kelley 9:45-10:30 am (G2)</p> <p>BODYPUMP Alyssa 12:00-12:45 pm (G2)</p> <p>BODYPUMP Yvonne 4:45-5:45 pm (G2)</p> <p>BODYPUMP Katya 7:00-8:00 pm (G2)</p>			

PLEASE NOTE: Instructor schedules are posted at the beginning of the month and are subject to change.