

strength & toning

MONTHLY CLASS SCHEDULE



OCTOBER



CHOICE
HEALTH & FITNESS

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

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