OCTOBER

strength & toning MONTHLY CLASS SCHEDULE

CHOICE HEALTH & FITNESS

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

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