



October 2020 Class Schedule

Class Prices:

\$18 for Single/Drop-in

\$95/Month - Unlimited + Gym Membership

\$135 for 10 Class Punch Card

Instructor Key: Doug (D), Chrystal (C), Cindy (CH)

Sr. classes are FREE for SilverSneakers and

Renew Active members.

\$25/Month - Sr. Unlimited + Gym Membership

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 5:30PM Core & More/ Stretch & Strength (C)	2 9:00 Sr. Cardio (D)	3 Boot Camp for Boobies 7:15 with Cindy 8:30 with Heather from Ellipse 9:15 with Chrystal
4	5 9:00 Sr. Balance (CH) 5:30PM Bootcamp (D)	6	7 9:00 Sr. Strength(D) 5:30PM Bootcamp (D)	8 5:30PM Core & More/ Stretch & Strength (C)	9 9:00 Sr. Cardio (D)	10 8:30AM Super Strong 60 minutes (C)
11	12 9:00 Sr. Balance (CH) 5:30PM Bootcamp (D)	13	14 9:00 Sr. Strength(D) 5:30PM Bootcamp (D)	15 5:30PM Core & More/ Stretch & Strength (C)	16 9:00 Sr. Cardio (D)	17 8:30AM Super Strong 60 minutes (C)
18	19 9:00 Sr. Balance (CH) 5:30PM Bootcamp (D)	20	21 9:00 Sr. Strength(D) 5:30PM Bootcamp (D)	22 5:30PM Core & More/ Stretch & Strength (C)	23 9:00 Sr. Cardio (D)	24 8:30AM Super Strong 60 minutes (C)
25	26 9:00 Sr. Balance (CH) 5:30PM Bootcamp (D)	27	28 9:00 Sr. Strength(D) 5:30PM Bootcamp (D)	29 5:30PM Core & More/ Stretch & Strength (C)	30 9:00 Sr. Cardio (D)	31 8:30AM Super Strong 60 minutes (C)