

# October 2017 Fitness Schedule

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 5:30-6:15 am Fit Mix Max 6:15-6:45 am Fit Mix 8:30-9:15 am Stretch & Strengthen 9:00-10:00 am Flex & Stretch 12:00-12:30 pm Fit in 30 4:15-5:00 pm Aquasthenics 6:00-6:45 pm POUND (FULL)	3 5:30-6:15 am Cycling 6:00-6:45 am Aquasthenics 8:30-9:15 am Pilates 12:00-12:30 pm Fit in 30 6:00-6:45 pm HIIT It!	4 5:30-6:15 am Fit Mix Max 6:15-6:45 am Fit Mix 8:30-9:15 am Stretch & Strengthen 9:00-10:00 am Flex & Stretch 12:00-12:30 pm Fit in 30 4:15-5:00 pm Aquasthenics 6:00-6:45 pm Tai Chi (FULL)	5 5:30-6:15 am Cycling 6:00-6:45 am Aquasthenics 8:30-9:15 am Pilates 12:00-12:30 pm Fit in 30 6:00-6:45 pm HIIT It!	6 5:30-6:15 am Fit Mix Max 6:15-6:45 am Fit Mix 8:30-9:15 am Stretch & Strengthen 9:00-10:00 am Flex & Stretch	7
8	9 5:30-6:15 am Fit Mix Max 6:15-6:45 am Fit Mix 8:30-9:15 am Stretch & Strengthen 9:00-10:00 am Flex & Stretch 12:00-12:30 pm Fit in 30 4:15-5:00 pm Aquasthenics 6:00-6:45 pm POUND (FULL)	10 5:30-6:15 am Cycling 6:00-6:45 am Aquasthenics 8:30-9:15 am Pilates 12:00-12:30 pm Fit in 30 6:00-6:45 pm HIIT It!	11 5:30-6:15 am Fit Mix Max 6:15-6:45 am Fit Mix 8:30-9:15 am Stretch & Strengthen 9:00-10:00 am Flex & Stretch 12:00-12:30 pm Fit in 30 4:15-5:00 pm Aquasthenics 6:00-6:45 pm Tai Chi (FULL)	12 5:30-6:15 am Cycling 6:00-6:45 am Aquasthenics 8:30-9:15 am Pilates 12:00-12:30 pm Fit in 30 6:00-6:45 HIIT It!	13 5:30-6:15 am Fit Mix Max 6:15-6:45 am Fit Mix 8:30-9:15 am Stretch & Strengthen 9:00-10:00 am Flex & Stretch	14
15	16 5:30-6:15 am Fit Mix Max 6:15-6:45 am Fit Mix 8:30-9:15 am Stretch & Strengthen 9:00-10:00 am Flex & Stretch 12:00-12:30 pm Fit in 30 4:15-5:00 pm Aquasthenics 6:00-6:45 pm POUND (FULL)	17 5:30-6:15 am Cycling 6:00-6:45 am Aquasthenics 8:30-9:15 am Pilates 12:00-12:30 pm Fit in 30 6:00-6:45 pm HIIT It!	18 5:30-6:15 am Fit Mix Max 6:15-6:45 am Fit Mix 8:30-9:15 am Stretch & Strengthen 9:00-10:00 am Flex & Stretch 12:00-12:30 pm Fit in 30 4:15-5:00 pm Aquasthenics 6:00-6:45 pm Tai Chi (FULL)	19 5:30-6:15 am Cycling 6:00-6:45 am Aquasthenics 8:30-9:15 am Pilates 12:00-12:30 pm Fit in 30 6:00-6:45 pm HIIT It!	20 5:30-6:15 am Fit Mix Max 6:15-6:45 am Fit Mix 8:30-9:15 am Stretch & Strengthen 9:00-10:00 am Flex & Stretch	21
22	23 5:30-6:15 am Fit Mix Max 6:15-6:45 am Fit Mix 8:30-9:15 am Stretch & Strengthen 9:00-10:00 am Flex & Stretch 12:00-12:30 pm Fit in 30 4:15-5:00 pm Aquasthenics 6:00-6:30 pm POUND (FULL) 6:30-7:15 pm Kid's ZUMBA— Halloween Dance Party \$2/child	24 5:30-6:15 am Cycling 6:00-6:45 am Aquasthenics 8:30-9:15 am Pilates 12:00-12:30 pm Fit in 30 6:00-6:45 pm HIIT It!	25 5:30-6:15 am Fit Mix Max 6:15-6:45 am Fit Mix 8:30-9:15 am Stretch & Strengthen 9:00-10:00 am Flex & Stretch 12:00-12:30 pm Fit in 30 4:15-5:00 pm Aquasthenics 6:00-6:45 pm Tai Chi (FULL)	26 5:30-6:15 am Cycling 6:00-6:45 am Aquasthenics 8:30-9:15 am Pilates 12:00-12:30 pm Fit in 30 6:00-6:45 pm HIIT It!	27 5:30-6:15 am Fit Mix Max 6:15-6:45 am Fit Mix 8:30-9:15 am Stretch & Strengthen 9:00-10:00 am Flex & Stretch	28
29	30 5:30-6:15 am Fit Mix Max 6:15-6:45 am Fit Mix 8:30-9:15 am Stretch & Strengthen 9:00-10:00 am Flex & Stretch 12:00-12:30 pm Fit in 30 4:15-5:00 pm Aquasthenics 6:00-6:30 pm POUND (FULL)	31 5:30-6:15 am Cycling 6:00-6:45 am Aquasthenics 8:30-9:15 am Pilates 12:00-12:30 pm Fit in 30 6:00-6:45 pm HIIT It!	Classes in BLUE are held in the indoor pool		Don't miss our newest class offered this month HIIT It!	