

Launch Week - Oct 21-26  
New Releases All Week!



\*New Class \*Substitute Class  
\*Canceled Class \*Paid Class

## Group Fitness Classes - October

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		<b>1</b> <b>8:00a-8:30</b> Grit Strength – Bobby <b>8:30a-9:30</b> Stretch&Mobility-Bobby	<b>2</b> <b>8:30a-9:30</b> Zumba – Bobby	<b>3</b> <b>8:15a-9:15</b> Step Interval – Bobby	<b>4</b> <b>8:30a-9</b> Grit Cardio - Rachael <b>9a-9:45</b> Pilates - Rachael	<b>5</b> <b>8:30a-9:30</b> BodyPump - Elbert <b>10a-11</b> Yoga - Hannah T
		<b>5:30p-6:30</b> Yoga – Katelin <b>6:30p-7:30</b> BodyCombat - Ashley	<b>6:00p-7:00</b> KickBoxing - Xay & Jared ( <b>Paid Class</b> )	<b>6:30p-7:30</b> Dance Fitness - Dwight	<b>6:00p-7:00</b> KickBoxing - Xay & Jared ( <b>Paid Class</b> )	
<b>6</b> No Classes	<b>7</b> <b>8:30a-9:30</b> BodyPump – Rachael	<b>8</b> <b>8:00a-8:30</b> Grit Strength – Bobby <b>8:30a-9:30</b> Stretch&Mobility-Bobby	<b>9</b> <b>8:30a-9:30</b> Zumba – Bobby	<b>10</b> <b>8:15a-9:15</b> Step Interval – Elbert	<b>11</b> <b>8:30a-9</b> Grit Cardio - Rachael <b>9a-9:45</b> Pilates - Rachael	<b>12</b> <b>8:30a-9:30</b> BodyPump - Bobby <b>10a-11</b> Yoga - Katelin
	<b>5:30p-6:30</b> BodyPump – Heather <b>6:30p-7:30</b> Zumba – Chanel	<b>5:30p-6:30</b> Yoga – Katelin <b>6:30p-7:30</b> BodyCombat - Ashley	<b>6:00p-7:00</b> KickBoxing - Xay & Jared ( <b>Paid Class</b> )	<b>6:30p-7:30</b> Dance Fitness - Dwight	<b>6:00p-7:00</b> KickBoxing - Xay & Jared ( <b>Paid Class</b> )	
<b>13</b> No Classes	<b>14</b> <b>8:30a-9:30</b> BodyPump – Rachael	<b>15</b> <b>8:00a-8:30</b> Grit Strength – Bobby <b>8:30a-9:30</b> Stretch&Mobility-Bobby	<b>16</b> <b>8:30a-9:30</b> Zumba – Bobby	<b>17</b> <b>8:15a-9:15</b> Step Interval – Elbert	<b>18</b> <b>8:30a-9</b> Grit Cardio - Rachael <b>9a-9:45</b> Pilates - Rachael	<b>19</b> <b>8:30a-9:30</b> BodyPump - Bobby <b>10a-11</b> Yoga - Katelin
	<b>5:30p-6:30</b> BodyPump – Heather <b>6:30p-7:30</b> Zumba – Chanel	<b>5:30p-6:30</b> Yoga – Katelin <b>6:30p-7:30</b> BodyCombat - Ashley	<b>6:00p-7:00</b> KickBoxing - Xay & Jared ( <b>Paid Class</b> )	<b>6:30p-7:30</b> Dance Fitness - Dwight	<b>6:00p-7:00</b> KickBoxing - Xay & Jared ( <b>Paid Class</b> )	

**Launch Week - Oct 21-26**  
**New Releases All Week!**



**\*New Class** **\*Substitute Class**  
**\*Canceled Class** **\*Paid Class**

## Group Fitness Classes - October

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>20</b> No Classes	<b>21 Launch Week</b> 8:30a-9:30 BodyPump – Rachael	<b>22 Launch Week</b> 8:00a-8:30 Grit Strength – Bobby 8:30a-9:30 Stretch&Mobility-Bobby	<b>23 Launch Week</b> 8:30a-9:30 Zumba – Bobby	<b>24 Launch Week</b> 8:15a-9:15 Step Interval – Bobby	<b>25 Launch Week</b> 8:30a-9 Grit Cardio - Rachael 9a-9:45 Pilates - Rachael	<b>26 Launch Week</b> 8:30a-9:30 BodyPump - Rachael 10a-11 Yoga - Katelin
	5:30p-6:30 BodyPump – Heather 6:30p-7:30 Zumba – Chanel	5:30p-6:30 Yoga – Katelin 6:30p-7:30 BodyCombat - Ashley	6:00p-7:00 KickBoxing - Xay & Jared ( <b>Paid Class</b> )	6:30p-7:30 Dance Fitness - Dwight	6:00p-7:00 KickBoxing - Xay & Jared ( <b>Paid Class</b> )	
<b>27</b> No Classes	<b>28</b> 8:30a-9:30 BodyPump – Rachael	<b>29</b> 8:00a-8:30 Grit Strength – Bobby 8:30a-9:30 Stretch&Mobility-Bobby	<b>30</b> 8:30a-9:30 Zumba – Bobby	<b>31</b> 8:15a-9:15 Step Interval – Bobby		
	5:30p-6:30 BodyPump – Heather 6:30p-7:30 Zumba – Chanel	5:30p-6:30 Yoga – Katelin 6:30p-7:30 BodyCombat - Ashley	6:00p-7:00 KickBoxing - Xay & Jared ( <b>Paid Class</b> )	6:30p-7:30 Dance Fitness - Dwight		