



Group Fitness | OCTOBER 2019

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5
8:30-9:30am		ZUMBA Yajaira			ZUMBA Yajaira	BODYPUMP Christy
9:30-10:30am		CYCLING Lauren	BODYPUMP Morgan	BODYJAM Morgan	BODYPUMP Rachael	BODYCOMBAT Jessica
10:30-11:30am		SENIOR FIT Carol		SENIOR FIT Carol		DANCE FITNESS Morgan
5:30-6:30pm		BODYPUMP Jessica	BODYCOMBAT Jessica CYCLING Lauren	BODYPUMP Lori		
6:30-7:30pm		ZUMBA Stephanie	YOGA Katie	ZUMBA Chanel		
7:30-8:30am		HIP HOP Stephanie		HIP HOP Stephanie		
	7	8	9	10	11	12
8:30-9:30am		ZUMBA Yajaira			ZUMBA Yajaira	BODYPUMP Jessica
9:30-10:30am	BODYPUMP Rachael	CYCLING Allison	BODYPUMP Morgan	BODYJAM Morgan	BODYPUMP Rachael	BODYCOMBAT Jessica
10:30-11:30am		SENIOR FIT Wendy		SENIOR FIT Wendy		ZUMBA Chanel
11:30-12:15pm						
5:30-6:30pm	CYCLING Rhonda BODYJAM LAUNCH Morgan	BODYPUMP LAUNCH Jessica & Morgan	BODYCOMBAT LAUNCH Jessica & Ashley CYCLING Rhonda	BODYPUMP Jessica		
6:30-7:30pm	BODYCOMBAT Ashley	ZUMBA Yajaira	YOGA Katie	ZUMBA Chanel		
7:30-8:30pm		HIP HOP NO CLASS		HIP HOP Stephanie		
	14	15	16	17	18	19
8:30-9:30am		ZUMBA Yajaira			ZUMBA Yajaira	BODYPUMP Christy
9:30-10:30am	BODYPUMP Rachael	CYCLING Lauren	BODYPUMP Morgan	BODYJAM Morgan	BODYPUMP Rachael	ZUMBA STRONG LAUNCH Yajaira & Jessica
10:30-11:30am		SENIOR FIT Wendy		SENIOR FIT Wendy		NO CLASS TODAY!
5:30-6:30pm	CYCLING Rhonda BODYJAM Morgan	BODYPUMP Jessica	BODYCOMBAT Jessica CYCLING Rhonda	BODYPUMP Jessica		
6:30-7:30pm	BODYCOMBAT Ashley	ZUMBA Chanel	YOGA Katie	ZUMBA Chanel		
7:30-8:30pm		HIP HOP Stephanie		HIP HOP Stephanie		
	21	22	23	24	25	26
8:30-9:30am		ZUMBA Yajaira			ZUMBA Yajaira	BODYPUMP Jessica
9:30-10:30am	BODYPUMP Rachael	CYCLING Allison	BODYPUMP Morgan	BODYJAM Morgan	BODYPUMP Rachael	STRONG by Zumba Jessica
10:30-11:30am		SENIOR FIT NO CLASS		SENIOR FIT Wendy	FRIDAY NIGHT DANCE PARTY 6:00-7:30PM With Stephanie, Chanel & Morgan	ZUMBA Chanel
5:30-6:30pm	CYCLING Rhonda BODYJAM Morgan	BODYPUMP Jessica	BODYCOMBAT Jessica CYCLING Rhonda	BODYPUMP Lori		
6:30-7:30pm	BODYCOMBAT Ashley	STRONG by Zumba Yajaira	YOGA Katie	ZUMBA Chanel		
7:30-8:30pm		HIP HOP Stephanie		HIP HOP Stephanie		

	28	29	30	31	1	2
8:30-9:30am		ZUMBA Yajaira			ZUMBA Yajaira	BODYPUMP Christy
9:30-10:30am	BODYPUMP Rachael	CYCLING Lauren	BODYPUMP Morgan	BODYJAM Morgan	BODYPUMP Rachael	STRONG by Zumba Jessica
10:30-11:30am		SENIOR FIT Carol		SENIOR FIT Carol		DANCE FITNESS Morgan
5:30-6:30pm	CYCLING Rhonda BODYJAM Morgan	BODYPUMP Jessica	BODYCOMBAT Rhonda CYCLING Lauren	BODYPUMP Lori		
6:30-7:30pm	BODYCOMBAT Ashley	STRONG by Zumba Yajaira	YOGA Katie	HAPPY HALLOWEEN! NO EVENING CLASSES		
7:30-8:30am		HIP HOP Stephanie				

****CYCLING CLASSES REQUIRE ADVANCED SIGN-UP ONLINE. SEE THE FRONT DESK OR YOUR INSTRUCTOR FOR HELP!****

**FRIDAY NIGHT DANCE PARTY IS BENEFITING THIRD STREET EDUCATION CENTER –
PLEASE BRING WHATEVER DONATION YOU FEEL LED TO GIVE TO THIS AMAZING ASSET
TO OUR COMMUNITY TO PARTICIPATE!**