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| Fit for Life 24 Group Fitness - APEX Image result for PUMPKIN PICTURES OCTOBER Image result for PUMPKIN PICTURESImage result for halloween pictures SMARTFIT CLASSES – HIGHLIGHTED IN GREEN (30 min. class) | | | | | | |
|  | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Saturday** |
|  | **1** | **2** | **3** | **4** | **5** | **6** |
| 5:40-6:30am |  | BODYPUMP - Kathy | CYCLE - Chris | BODYPUMP - Tameka |  |  |
| 6-6:45am |  |  |  |  | CYCLE - Tameka |  |
| 8:45-9:45 am | NEW CLASS TIME BODYCOMBAT  **8:30am** Judithe |  |  |  |  | BODYPUMP - Denisse |
| 9-10:00am |  |  | **COREBLAST** |  | **COREBLAST** | **BOOTCAMP** |
| 9:30-10:30am | BOOTCAMP (9:30-10:00) | BODYPUMP - Sarah |  | CYCLE SCUPT - Michelle | BODYPUMP - Latoya |  |
| 10-11am |  |  |  |  |  | BODYATTACK - Joel |
| 11-12pm |  | SENIOR FIT - Sarah | SENIOR FIT Cardio Sculpt - Elaine | SENIOR FIT Cardio Blast - Elaine | SENIOR FIT Yoga - Elaine (starts at 11:30a) |  |
| 2p-3pm | BODYPUMP - Latoya |  |  |  | BODYCOMBAT - Jen |  |
| 5:30-6:30pm | BODYPUMP – JEN (: |  |  | BODYATTACK CANCELLED | BODYPUMP - Christi |  |
| 5:45-6:30p |  | BODYATTACK - German | ZUMBA - Anabel |  |  |  |
| 6p-7p | HIIT TRAINING – Ashley  CYCLE SCULPT - Chris |  | **HIIT TRAINING - Ashley**  CYCLE SCULPT - Tameka | **INTRO TO SF - Ashley**  ZUMBA - Anabel (starts 6:15p) |  |  |
| 6:30-7:30p | BODYATTACK - Denisse | CORE BLAST - Alecia | BODYPUMP – Denisse (: | BOOTCAMP |  |  |
| 7-8p |  | ZUMBA - ANABEL |  |  |  |  |
|  | **8** | **9** | **10** | **11** | **12** | **13** |
| 5:40-6:30am |  | BODYPUMP - Kathy | CYCLE - Chris | BODYPUMP - Tameka |  |  |
| 6-6:45am |  |  |  |  | CYCLE - Tameka |  |
| 8:45-9:45 AM | NEW CLASS TIME BODYCOMBAT **8:30am** - Judithe |  |  |  |  | BODYPUMP - Denisse |
| 9-10am |  |  | **CORE BLAST** |  | **CORE BLAST** | BOOTCAMP |
| 9:30-10:30am | BOOTCAMP (9:30-10:00) | BODYPUMP - Sarah |  | CYCLE SCULPT -Michelle(45min) | BODYPUMP - Latoya |  |
| 10-11am |  |  |  |  |  | BODYATTACK - Joel |
| 11-12p |  | SENIOR FIT - Sarah | SENIOR FIT Cardio Sculpt - Elaine | SENIOR FIT Cardio Blast - Elaine | SENIOR FIT Yoga - Elaine (starts at 11:30a) |  |
| 2-3pm | BODYPUMP-Latoya |  |  |  | BODYCOMBAT - Jen |  |
| 5:30-6:30pm | BODYPUMP - TRACEY (: |  |  | BODYATTACK CANCELLED | BODYPUMP - Christi |  |
| 5:45-6:30pm |  | BODYATTACK - German | ZUMBA - Anabel |  |  |  |
| 6-7pm | HIIT TRAINING - Ashley  CYCLE SCULPT - Chris |  | **HIIT TRAINING - Ashley**  CYCLE SCULPT- Tameka | INTRO TO SF- Ashley  ZUMBA -Anabel(starts 6:15pm) |  |  |
| 6:30-7:30pm | BODYATTACK - Denisse | **CORE BLAST - Alecia** | BODYPUMP - Denisse/Tracey | BOOTCAMP |  |  |
| 7-8pm |  | ZUMBA - ANABEL |  |  |  |  |
|  | **15** | **16** | **17** | **18** | **19** | **20** |
| 5:40-6:30am |  | BODYPUMP - Kathy | CYCLE - Chris | BODYPUMP - Tameka |  |  |
| 6-6:45am |  |  |  |  | CYCLE - Tameka |  |
| 8:45-9:45am | NEW CLASS TIME BODYCOMBAT 8:30am Judithe |  |  |  |  | BODYPUMP - Denisse |
| 9-10am |  |  | **CORE BLAST** |  | **CORE BLAST** | BOOTCAMP |
| 9:30-10:30am | BOOTCAMP (9:30-10:00) | BODYPUMP - Kathy |  | CYCLE SCULPT - Michelle | BODYPUMP - Latoya |  |
| 10-11am |  |  |  |  |  | BODYATTACK - Joel |
| 11-12pm |  | SENIOR FIT - Sarah | SENIOR FIT Cardio Sculpt - Elaine | SENIOR FIT Cardio Blast - Elaine | SENIOR FIT yoga - Elaine (starts at 11:30a) |  |
| 2-3pm | BODYPUMP-Latoya |  |  |  | BODYCOMBAT - Jen |  |
| 5:30-6:30pm | BODYPUMP – TRACEY (: |  |  | BODYATTACK CANCELLED | BODYPUMP - Christi |  |
| 5:45-6:30pm |  | BODYATTACK - German | ZUMBA - Anabel |  |  |  |
| 6-7pm | **HIIT TRAINING - Ashley**  CYCLE SCULPT - Chris |  | **HIIT TRAINING - Ashley**  CYCLE SCULPT - Tameka | INTRO TO SF - Ashley  ZUMBA - Anabel (6:15) |  |  |
| 6:30-7:30pm | BODYATTACK - Denisse | **CORE BLAST - Alecia** | BODYPUMP - Denisse/Tracey | BOOTCAMP |  |  |
| 7-8pm |  | ZUMBA - Anabel |  |  |  | **TURN OVER→** |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
|  | **22** | **23** | **24** | **25** | **26** | **27** |
| 5:40-6:30am |  | BODYPUMP - Kathy | CYCLE - Chris | BODYPUMP - Tameka |  |  |
| 6-6:45am |  |  |  |  | CYCLE - Tameka |  |
| 8:45-9:45am | NEW CLASS TIME BODYCOMBAT  8:30am Judithe |  |  |  |  | BODYPUMP - Denisse |
| 9-10am |  |  | CORE BLAST |  | CORE BLAST | BOOTCAMP |
| 9:30-10:30am | BOOTCAMP (9:30-10:00) | BODYPUMP - Sarah |  | CYCLE SCULPT - Michelle | BODYPUMP - Latoya |  |
| 10-11am |  |  |  |  |  | BODYATTACK - Joel |
| 11-12pm |  | SENIOR FIT - Sarah | SENIOR FIT - Elaine | SENIOR FIT Cardio Blast - Elaine | SENIOR FIT yoga - Elaine (starts at 11:30a) |  |
| 12-1PM |  |  |  |  |  |  |
| 2-3pm | BODYPUMP - Latoya |  |  |  | BODYCOMBAT - Jen |  |
| 5:30-6:30pm | BODYPUMP - TRACEY (: |  |  | BODYATTACK - CANCELLED | BODYPUMP - Christi |  |
| 5:45-6:30pm |  | BODYATTACK - German | ZUMBA - Anabel |  |  |  |
| 6-7pm | HIIT TRAINING - Ashley  CYCLE SCULPT - Chris |  | HIIT TRAINING - Ashley  CYCLE SCULPT- Tameka | INTRO TO SF - Ashley  ZUMBA - Anabel starts 6:15pm |  |  |
| 6:30-7:30pm | BODYATTACK - Denisse | CORE BLAST | BODYPUMP - Denisse/Tracey | BOOTCAMP |  |  |
| 7-8pm |  | ZUMBA - Anabel |  |  |  |  |
|  | **29** | **30** | **31** |  |  |  |
| 5:40-6:30am |  | BODYPUMP - Kathy | CYCLE - Chris | BODYPUMP - Tameka |  |  |
| 6-6:45am |  |  |  |  | CYCLE - Tameka |  |
| 8:45-9:45am | NEW CLASS TIME BODYCOMBAT  8:30am Judithe |  |  |  |  | BODYPUMP - Denisse |
| 9-10am |  |  | CORE BLAST |  | CORE BLAST | BOOTCAMP |
| 9:30-10:30am | BOOTCAMP (9:30-10:00) | BODYPUMP - Sarah | Image result for halloween pictures | CYCLE SCULPT - Tameka | BODYPUMP - Latoya |  |
| 10-11am |  |  |  |  |  | BODYATTACK - Joel |
| 11-12pm |  | SENIOR FIT - Sarah | SENIOR FIT Cardio Sculpt - Elaine | SENIOR FIT Cardio Blast - Sarah | SENIOR FIT yoga - Elaine (starts at 11:30a) |  |
| 12-1PM |  |  |  |  |  |  |
| 2-3pm | BODYPUMP - Latoya |  |  |  | BODYCOMBAT - Jen |  |
| 5:30-6:30pm | BODYPUMP – TRACEY (: |  |  | BODYATTACK - CANCELLED | BODYPUMP - Christi |  |
| 5:45-6:30pm |  | BODYATTACK - German | ZUMBA - Anabel |  |  |  |
| 6-7pm | HIIT TRAINING - Ashley  CYCLE SCULPT - Chris |  | HIIT TRAINING - Ashley  CYCLE SCULPT - Tameka | INTRO TO SF - Ashley  ZUMBA - Anabel starts 6:15p |  |  |
| 6:30-7:30pm | BODYATTACK - Denisse | COREBLAST | BODYPUMP - Denisse/Tracey | BOOTCAMP |  |  |
| 7-8pm |  | ZUMBA - Anabel |  |  |  |  |

***\*SMARTFIT360*** *Burn up to 600 calories or more in 30 minutes while increasing muscle endurance, strength & power.*

***BODYPUMP****™* is a barbell workout for anyone looking to get lean, toned and fit – fast. Using light to moderate weights with lots of repetition, BODYPUMP gives you a total body workout. It will burn up to [540 calories](https://www.lesmills.com/knowledge/fitness-research/calorie-burn/)\*. Instructors will coach you through the [scientifically proven](https://www.lesmills.com/knowledge/fitness-research/the-rep-effect/) moves and techniques pumping out encouragement, motivation and great music – helping you achieve much more than on your own! You’ll leave the class feeling challenged and motivated, ready to come back for more. (LesMills)

***BODYATTACK****™* is a high-energy fitness class with moves that cater for total beginners to total addicts. We combine athletic movements like running, lunging and jumping with strength exercises such as push-ups and squats. A LES MILLS™ instructor will pump out energizing tunes and lead you through the workout – challenging your limits in a good way, burning up to [730 calories](https://www.lesmills.com/knowledge/fitness-research/calorie-burn/)\* and leaving you with a sense of achievement.

***BODYCOMBAT*** is a workout you’ll punch and kick your way to fitness, burning up to [740 calories](https://www.lesmills.com/knowledge/fitness-research/calorie-burn/) along the way.

***CYCLE***  Our instructors emphasize on endurance, strength, intervals, high intensity and recovery.