

October Fitness Schedule - Group Exercise #1 Only

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Power Sculpt 7:45 - 8:45 AM Deanne Bugos <i>Group Exercise 1</i>		Power Hour 7:45 - 8:45 AM Katie Hardie <i>Group Exercise 1</i>		Yoga Fusion 8:00 AM - 9:00 AM Christina Russell <i>Group Exercise 1</i>
	Mat Pilates 9:00 - 10:00 AM Paige Walker <i>Group Exercise 1 or 2</i> No Class 10/21 or 10/28			
SS Yoga 10:15 - 11:15 AM Dallas Franklin <i>Group Exercise 1</i>	Silver Sneakers Classic 10:15 - 11:15 AM Mary Wagner <i>Group Exercise 1</i>	Silver Sneakers Circuit 10:15 - 11:15 AM Kristen Hessler <i>Group Exercise 1</i>	SS Yoga 10:15 - 11:15 AM Kristen Hessler <i>Group Exercise 1</i>	
	Youth Hip Hop 4:00 - 4:45 PM Paige Farlow <i>Group Exercise 1</i>		Youth Irish Dance: 5-9 3:45 - 5:00 PM Hope Guarnera <i>Group Exercise 1</i>	
Jiu-Jitsu: Youth 6-9 4:30 - 5:20 PM Raoni Orlandi <i>Group Exercise 1</i>		Jiu-Jitsu: Youth 6-9 4:30 - 5:20 PM Raoni Orlandi <i>Group Exercise 1</i>		
Jiu-Jitsu: Youth 10+ 5:30 - 6:20 PM Raoni Orlandi <i>Group Exercise 1</i>	Teen Hip Hop 5:30 - 6:30 PM Paige Farlow <i>Group Exercise 1</i>	Jiu-Jitsu: Youth 10+ 5:30 - 6:20 PM Raoni Orlandi <i>Group Exercise 1</i>		
Jiu-Jitsu: Adult 6:30 - 7:30 PM Raoni Orlandi <i>Group Exercise 1</i>		Jiu-Jitsu: Adult 6:30 - 7:30 PM Raoni Orlandi <i>Group Exercise 1</i>		

FITNESS CLASS SIGN IN

Before every fitness class all participants are required to check in with the front desk and sign in on the roster found in the classroom or workout area.