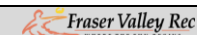


October Fitness Schedule - Group Exercise #2 Only



Monday	TUESDAY	Wednesday	Thursday	SATURDAY	SUNDAY
	Mat Pilates 9:00 - 10:00 AM Paige Walker <i>Group Exercise 1 or 2</i> No Class 10/21 or 10/28		Vinyasa Flow Yoga 9:00 AM - 10:00 AM Derik McCuiston <i>Group Exercise 2</i> Begins 10/9		
			Aerial Hoop & Sling 11:00AM - 12:00PM Giuliana Sheldon <i>Group Exercise 2</i>	Aerial Yoga 10:30AM - 11:30AM Giuliana Sheldon <i>Group Exercise 2</i> 10/11 Only	Power Vinyasa 10:30AM - 11:30AM Stacy Kempfer <i>Group Exercise 2</i>
		Tot Fitness: 2-4 2:00 - 3:00 PM Hope Guarnera <i>Group Exercise 2</i>			
	Youth Fitness: 5-9 3:45 - 5:00 PM Hope Guarnera <i>Group Exercise 2</i>	L1 Aerial Arts: 6-8 3:45 - 4:45 PM Giuliana Sheldon <i>Group Exercise 2</i>	L1 Aerial Arts: 8+ 3:45 - 4:45 PM Giuliana Sheldon <i>Group Exercise 2</i>		
		L1 Aerial Arts 8+ 5:15 - 6:15 PM Giuliana Sheldon <i>Group Exercise 2</i>	L2/3 Aerial Arts 5:15 - 6:15 PM Giuliana Sheldon <i>Group Exercise 2</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.