

# OCTOBER GROUP

## FITNESS CLASSES

<b>MONDAY</b>	6:00 - 6:45 A.M. 9:00 - 10:00 A.M. 10:30 - 11:30 A.M. 4:30 - 5:30 P.M. 5:30 - 6:30 P.M.	CYCLE & TONE CYCLE & ABS TAI CHI/QI GONG SHAPE UP FLOW YOGA	SHAUNI TORI DIANA ANN MELANIE
<b>TUESDAY</b>	6:00 - 6:45 A.M. 9:00 - 10:00 A.M. 10:30 - 11:15 A.M. 5:45 - 6:30 P.M.	TOTAL BODY EXPRESS CYCLE & ABS PILATES CYCLE & TONE	SHAUNI TRACY TINA TORI
<b>WEDNESDAY</b>	9:00 - 10:00 A.M. 10:30 - 11:30 A.M. 4:30 - 5:30 P.M. 6:00 - 6:45 P.M.	YOGA/PILATES TAI CHI/QI GONG SHAPE UP CARDIO KICK	ERIKA DIANA ANN CHRISTINE
<b>THURSDAY</b>	6:00 - 6:45 A.M. 9:00 - 10:00 A.M. 5:45 - 6:30 P.M.	TOTAL BODY EXPRESS CYCLE & ABS HIIT	DAWN TRACY TORI
<b>FRIDAY</b>	6:00 - 6:45 A.M. 9:00 - 10:00 A.M. 10:30 - 11:30 A.M. 4:30 - 5:30	CYCLE & TONE CYCLE & ABS TAI CHI/QI GONG SHAPE UP	DAWN TORI DIANA ANN
<b>SATURDAY</b>	10:00 - 11:00 A.M.	ZUMBA	ROXANA
<b>SUNDAY</b>	3:00 - 4:00 P.M.	STEP UP DANCE	CHRISTINE

*Please follow the exit signs after checking in to find your class.*

Masks must be worn while in the building. We recommend that you bring your own equipment (blankets and straps) as these will not be provided.

No \$1 class fee will be collected.

