

October				Group Fitness Schedule	
	Class		Time		Instructor
MONDAY					
	Pilates		9:30 AM - 10:15 AM		Lily
	Cardio Strength		12:00 PM - 12:45 PM		Betsy
	Barre		5:45 PM - 6:30 PM		Lily
	Total Body		7:00 PM - 7:45 PM		Wendy
TUESDAY					
	PiYo		9:30 AM - 10:15 AM		Betsy
	TRX		12:00 PM - 12:45 PM		Vicki
	Pilates		5:45 PM - 6:30 PM		Lily
WEDNESDAY					
	Core		8:30 AM - 9:00 AM		Betsy
	Step		9:30 AM - 10:15 AM		Vicki
	Cardio Strength		12:00 PM - 12:45 PM		Betsy
THURSDAY					
	PiYo		9:30 AM - 10:15 AM		Betsy
	High and Tight		12:00 PM - 12:45 PM		Vicki
Friday					
	Total Body		8:00 AM - 8:45 AM		Wendy
	Barre		9:00 AM - 9:45 AM		Betsy
	Sculpt		12:00 PM - 12:30 PM		Betsy
SATURDAYS					
3-Oct	10-Oct	17-Oct	24-Oct	31-Oct	
10:00 AM - 10:45 AM Buti Yoga w/ Monica and Taylor	NO CLASSES - CORN HOLE TOURNAMENT 12PM	9:30 AM - 10:15 AM High and Tight w/ Vicki	9:30 AM - 10:15 AM Pilates w/ Betsy	10:00 AM - 10:45 AM Spooky Sculpt w/ Monica	