

OCTOBER 2025 GROUP FITNESS



Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 5:00 PowerFit Meg 8:15 PowerFit Erin 9:05 Stretch Erin 4:45 Yoga Summer	2 5:00 Cycle Mal 8:15 Step Carmen 5:45 NO CLASS	3 8:15 Circuits Erin 9:05 Stretch Erin	4 7:00 Step Jen
	6 5:00 PowerFit Meg 8:15 Bootcamp Erin 9:05 PowerFit Jen	7 5:00 Meg's Choice 8:15 Kickboxing Jen 5:45 Line Dance Lisa	8 5:00 PowerFit Meg 8:15 PowerFit Jen 9:05 Pilates Jen 4:45 Yoga Summer	9 5:00 Cycle Mal 8:15 Step Jen 5:45 Zumba Lisa	10 8:15 Circuits Erin 9:05 Stretch Erin	11 7:00 Bootcamp Meg
	13 5:00 PowerFit Meg 8:15 Bootcamp Erin 9:05 PowerFit Jen	14 5:00 Meg's Choice 8:15 Kickboxing Jen 5:45 Line Dance Lisa	15 5:00 PowerFit Meg 8:15 PowerFit Jen 9:05 Pilates Jen 4:45 Yoga Summer	16 5:00 Cycle Mal 8:15 Step Jen 5:45 Zumba Lisa	17 8:15 Circuits Erin 9:05 Stretch Erin	18 7:00 Step Jen
	20 5:00 PowerFit Meg 8:15 Bootcamp Jen 9:05 PowerFit Jen	21 5:00 Meg's Choice 8:15 Kickboxing Jen 5:45 Line Dance Lisa	22 5:00 PowerFit Meg 8:15 PowerFit Jen 9:05 Pilates Jen 4:45 Yoga Summer	23 5:00 Cycle Mal 8:15 5:45 Zumba Lisa	24 8:15 Circuits Erin 9:05 Stretch Erin	25 7:00 Bootcamp Meg
	27 5:00 PowerFit Jen 8:15 Bootcamp Erin 9:05 PowerFit Jen	28 5:00 Jen's Choice 8:15 Kickboxing Jen 5:45 Line Dance Lisa	29 5:00 PowerFit Jen 8:15 PowerFit Jen 9:05 Pilates Jen 4:45 Yoga Summer	30 5:00 Cycle Mal 8:15 Step Carmen 5:45 Zumba Lisa	31 8:15 Circuits Erin 9:05 Stretch Erin	