

Fitness Edge Studio

October 2026



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 5:15am Circuit/Cardio/ Strength- Shelbe 6:00pm Total Body- Josh	2 5:15am The Edge-Stephanie 8:30am Silver Sneakers-Carol 10:00am Silver Sneakers-Carol	3 6:15am Rise and Shine- Stephanie
4	5 5:15am Butts & Gutts-Stephanie 8:30am Silver Sneakers-Carol 10:00am Silver Sneakers-Nancy 6:00pm Zumba-Kristen	6 5:15am Circuit/Cardio/ Strength-Shelbe 6:00pm HIIT-Suzanne	7 5:15am The Edge-Stephanie 8:30am Silver Sneakers-Carol 10:00am Silver Sneakers-Carol	8 5:15am Circuit/Cardio/ Strength- Shelbe 6:00pm Total Body-Cason	9 5:15am The Edge-Stephanie 8:30am Silver Sneakers-Nancy 10:00am Silver Sneakers-Carol	10 6:15am Rise and Shine- Shelbe
11	12 5:15am Butts & Gutts-Stephanie 8:30am Silver Sneakers-Carol 10:00am Silver Sneakers-Nancy 6:00 pm Zumba-Kristen	13 5:15am Circuit/Cardio/ Strength-Shelbe 6:00pm HIIT-Suzanne	14 5:15am The Edge-Stephanie 8:30am Silver Sneakers-Carol 10:00am Silver Sneakers-Nancy	15 5:15am Circuit/Cardio/ Strength- Shelbe 6:00pm Total Body- Josh	16 5:15am The Edge-Stephanie 8:30am Silver Sneakers-Nancy 10:00am Silver Sneakers-Carol	17 6:15am Rise and Shine- Stephanie
18	19 5:15am Butts & Gutts-Stephanie 8:30am Silver Sneakers-Carol 10:00am Silver Sneakers-Nancy 6:00 pm Zumba-Kristen	20 5:15am Circuit/Cardio/ Strength-Suzanne 6:00pm HIIT-Shelbe	21 5:15am The Edge-Stephanie 8:30am Silver Sneakers-Carol 10:00am Silver Sneakers-Nancy	22 5:15am Circuit/Cardio/ Strength- Shelbe 6:00pm Total Body-Cason	23 5:15am The Edge-Stephanie 8:30am Silver Sneakers-Carol 10:00am Silver Sneakers-Carol	24 6:15am Rise and Shine- Shelbe
25	5:15am Butts & Gutts-Stephanie 8:30am Silver Sneakers-Carol 10:00am Silver Sneakers-Nancy 6:00pm Zumba-Kristen	27 5:15am Circuit/Cardio/ Strength-Shelbe 6:00pm HIIT-Suzanne	28 5:15am The Edge-Stephanie 8:30am Silver Sneakers-Carol 10:00am Silver Sneakers-Nancy	29 5:15am Circuit/Cardio/ Strength- Shelbe 6:00pm Total Body- Josh	30 5:15am The Edge-Stephanie 8:30am Silver Sneakers-Nancy 10:00am Silver Sneakers-Carol	31 6:15am Rise and Shine- Stephanie HALLOWEEN