



October
2018



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30AM Shore Heat (Warm Yoga) Susan 10/1,10/8,10/29 Heather 10/15,10/22	9AM Rock Your Flow Courtney <hr/> <i>In the end, just 3 things matter: How well we have lived How well we have loved How well we have learned to let go...</i>	9:45AM LesMills BodyFlow Tami <hr/> LES MILLS LAUNCH! SUNDAY 10/14 	5:30AM Barre Intensity Tabitha <hr/> 8:30AM Beginners/Gentle Yoga Courtney <hr/> 9:30AM PIYo Tami	9AM Shore Zen Shred (30 MIN) Courtney 9:45am Buti Yoga (October only) 30 Minutes Courtney <hr/> 10:30AM LesMills BodyFlow Tami Courtney 10/5 <hr/> FREE YAY FLOW!!!! ALL CLASSES START AT 5PM **10/5 FREE MOVEMENT W/LAUREN **10/12 BARRE W/JERRY **10/19 YOGA FOR ALL BETSY **10/26 HALLOSCREAM FLOW SUSAN	8:30am BUTI YOGA 55 Min Courtney 10/13,10/20 Lauren 10/6,10/27 <hr/> 9:30AM Shore Heat Yoga (Warm Yoga) Courtney Susan 10/20 <hr/> 10:35AM Restorative For All No class 10/20 Betsy	9:35AM LES MILLS BODYFLOW Susan 10/7 Launch 10/14 Courtney 10/21 Patrick 10/28 
8AM Beginners/Gentle Yoga Andrea	5:30PM SHORE ZEN SHRED (30 MIN) Courtney	4:30PM Vinyasa Flow Courtney	5:30PM BUTI YOGA (50 MIN) Courtney 9/7 Lauren 9/13-10/11			
10:35AM LES MILLS BodyFlow Courtney Tami 10/1	6PM Barre (30Minutes) Jerry	5:30PM YIN YOGA Heather	6:30PM Shore Heat (Warm Yoga) Heather			
5PM LES MILLS BARRE (30min) Lindsay	6:30PM LES MILLS BODYFLOW Heather Susan 10/2					
5:30PM Buti Yoga Lauren 9/24 Courtney 9/10-10/8						

October Happenings!

New look for our GX schedule! Tell us what you think:)

LesMills launch!!! Halloween themed. Costume contest for members!

Eat Sprout COMING SOON!

Trunk or Treat 10/29! Competition for best trunk!

Halloween costume contest 10/31. Costume contest!

Do Yoga. Drink Wine

Vino and Vinyasa is BACK its 5th year at Layton's Chance!!! Join Courtney for a night of yoga and wine tasting in the vineyard at Layton's Chance!

When: Friday, November 9th

Time: 6pm **Cost:** \$30/person

Register: www.laytonschance.com

Contact: courtney@olympiafitnessclubs.com

