

OCTOBER 2019 GROUP EXERCISE & SPINNING

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30AM SHORE CIRCUIT Nicole	5:30AM WTF Whisky Tango Foxtrot Nicole	5:30AM SUNRISE CIRCUIT Nicole	5:30AM BODYPUMP Nicole Ryan 10/3,10/24	5:30AM SPINNING 30 Nicole	8:30AM FUSION Courtney Nicole 10/5	10/6,10/27 8:30AM 10/6 HIIT/CXWORX 10/27 HIIT Jerry
8:45AM BODYSTEP Courtney	8:15AM LOW IMPACT Marybeth	8:00AM CARDIO FIT Tami	8:45AM SHORE CIRCUIT Lauren	6AM CXWORX Nicole	8:30AM BODYSTEP Launch 10/5 Chris 10/12,10/26 Patrick 10/19	10/13 8:30AM XTREME HIP HOP Chirs
9:15AM SPINNING 30 Lauren	8:30AM TRX FIT 30 MINUTES Courtney 10/1,10/15,10/29 Ryan 10/8,10/22	8:45AM HIGH FITNESS Courtney	9:30AM #FREESTYLE (STEP) Lauren	8:00AM CARDIO FIT Andrea	9:30AM BODYPUMP Launch 10/5 Robby 10/12,10/19 Patrick 10/26	10/20 8:30AM BODYPUMP Ryan
9:45AM PUMP & TONE Lauren		9:15 AM CXWORX Courtney		8:45AM BODYSTEP Courtney	 <p>Studio Key</p> <p>STUDIO ONE</p> <p>CYCLING/TRX STUDIO</p>	
4:30PM BODYPUMP Nicole	4:30PM SPINNING 30 Courtney	4:45PM BODYPUMP 10/2,10/16,10/30 PUMP&TONE Jerry 10/9,10/23	5:00PM BODYSTEP Heather 10/3 Chris 10/10,10/24 Patrick 10/17,10/31	9:45AM PUMP & TONE Marybeth		
5:30PM BODYSTEP Chris	5:00PM CXWORX Nicole Courtney 10/15	5:30PM XTREME HIP HOP STEP Heather 10/2 Chris	5:30PM CXWORX Patrick	★ 12 PM 30 MINUTES 10/4 Spin30 10/11 HIGH FITNESS 10/18 Rock Your Flow 10/25 CXWORX		
5:30PM SPINNING Nicole	5:30PM BODYPUMP Patrick	5:30PM SHORE CIRCUIT Nicole Marybeth 10/2				
6:30PM KICK & SCULPT Jerry Turbo Kick Chris 10/21	6:35PM ZUMBA Lisa		5:30PM FUSION Courtney 10/3,10/10 Nicole			

NEW LUNCH TIME CLASS!!!

October HAPPENINGS

Women supporting women events:
 Xtreme hip hop block party 10/4
 Yoga & Wine (wine festival) 10/19
 LES MILLS Launch 10/5 & 10/6- Wear your Pink!!
 Trunk or treat 10/28

WHAT TYPE OF CLASSES ARE YOU LOOKING FOR?

LOW IMPACT CLASSES

- CARDIO FIT
- LOW IMPACT
- TRX FIT

A lot of our classes fall under both or in between some of these categories!

IN BETWEEN LOW IMPACT & HIGH ENERGY

- BODYPUMP
- PUMP&TONE
- SPINNING
- CXWORX
- FUSION

HIGH ENERGY

- BODYSTEP
- HIGH FITNESS
- KICK & SCULPT
- FREESTYLE STEP
- SHORE CIRCUIT
- XTREME HIP HOP
- HIIT