

# OCTOBER 2019 EXERCISE CALENDAR

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<b>1</b> 8:00 Seniors Circuit <b>9:00 GENTLE YOGA (N)</b> 9:15 LOW AND SLOW <b>10:15 CHAIR YOGA (N)</b> 11:00 FOLK DANCE 12:30 FIT AND FABULOUS 1:30 ZUMBA GOLD CHAIR 2:30 30 MIN. ZUMBA GOLD 4:30 STRONG by Zumba	<b>2</b> 8:00 Yoga <b>8:15 B FIT (E)</b> <b>9:10 PEPS (E)</b> 10:00 MODIFIED YOGA 10:30 TAI CHI FORM 11:00 Beginning Tai Chi 1:00 ZUMBA GOLD (T) 2:15 HOOP DANCE FITNESS 5:30 ZUMBA	<b>3</b> 8:00 Seniors Circuit <b>9:00 NO GENTLE YOGA</b> 9:15 LOW AND SLOW <b>10:15 NO Chair Yoga</b> 10:15 ZUMBA GOLD CHAIR 11:15 0 MIN. ZUMBA GOLD 12:30 FIT AND FABULOUS 2:00 DANCE –THE BALLROOM WORKOUT 4:30 STRONG by Zumba	<b>4</b> <b>8:15 NO B FIT</b> <b>9:10 NO PEPS</b> 10:15 ZUMBA GOLD FRIDAY AM 11:30 30 MIN. ZUMBA GOLD 12:15 FIT & FABULOUS 1:00 ZUMBA GOLD 2:15 HOOP DANCE FITNESS
<b>7</b> 8:00 Yoga <b>8:15 NO B FIT</b> <b>9:10 NO PEPS</b> 10:00 MODIFIED YOGA 10:30 TAI CHI FORM 11:00 Beginning Tai Chi 1:00 ZUMBA GOLD <b>2:30-3:30 NO Line Dance II</b> <b>3:30-4:30 NO Line Dance I</b> 5:30 ZUMBA TONING	<b>8</b> 8:00 Seniors Circuit 9:00 GENTLE YOGA 9:15 LOW AND SLOW 10:15 CHAIR YOGA 11:00 FOLK DANCE 12:30 FIT AND FABULOUS 1:30 ZUMBA GOLD CHAIR 2:30 30 MIN. ZUMBA GOLD 4:30 STRONG by Zumba	<b>9</b> 8:00 Yoga <b>8:15 NO B FIT</b> <b>9:10 NO PEPS</b> 10:00 MODIFIED YOGA 10:30 TAI CHI FORM 11:00 Beginning Tai Chi 1:00 ZUMBA GOLD (T) 2:15 HOOP DANCE FITNESS 5:30 ZUMBA	<b>10</b> 8:00 Seniors Circuit 9:00 GENTLE YOGA 9:15 LOW AND SLOW 10:15 Chair Yoga 10:15 ZUMBA GOLD CHAIR 11:15 30 MIN. ZUMBA GOLD 12:30 FIT AND FABULOUS <b>2:00 DANCE-THE BALLROOM WORKOUT (E)</b> 4:30 STRONG by Zumba	<b>11</b> <b>8:15 NO B FIT</b> <b>9:10 NO PEPS</b> <b>10:15 ZUMBA GOLD FRIDAY AM (E)</b> 11:30 30 MIN. ZUMBA GOLD 12:15 FIT AND FABULOUS 1:00 ZUMBA GOLD 2:15 HOOP DANCE FITNESS
<b>14</b> 8:00 Yoga <b>8:15 NO B FIT</b> <b>9:10 NO PEPS</b> <b>10:00 MODIFIED YOGA (E)</b> 10:30 TAI CHI FORM 11:00 Beginning Tai Chi <b>2:30-3:30 Line Dance II (N)</b> <b>3:30-4:30 Line Dance I (N)</b> 5:30 ZUMBA TONING	<b>15</b> 8:00 Seniors Circuit 9:00 GENTLE YOGA <b>9:15 LOW AND SLOW (E)</b> 10:15 CHAIR YOGA 11:00 FOLK DANCE 12:30 FIT AND FABULOUS 1:30 ZUMBA GOLD CHAIR 2:30 30 MIN. ZUMBA GOLD 4:30 STRONG by Zumba	<b>16</b> 8:00 Yoga <b>8:15 NO B FIT</b> <b>9:10 NO PEPS</b> <b>10:00 MODIFIED YOGA (O)</b> 10:30 TAI CHI FORM 11:00 Beginning Tai Chi 1:00 ZUMBA GOLD (T) 2:15 HOOP DANCE FITNESS 5:30 ZUMBA	<b>17</b> <b>8:00 Seniors Circuit (E)</b> 9:00 GENTLE YOGA <b>9:15 LOW AND SLOW (O)</b> 10:15 Chair Yoga 10:15 ZUMBA GOLD CHAIR 11:15 30 MIN. ZUMBA GOLD 12:30 FIT AND FABULOUS <b>1:30 Social Dance</b> 4:30 STRONG by Zumba	<b>18</b> <b>8:15 NO B FIT</b> <b>9:10 NO PEPS</b> <b>10:15 ZUMBA GOLD FRIDAY AM (O)</b> 11:30 30 MIN. ZUMBA GOLD 12:15 FIT & FABULOUS 1:00 ZUMBA GOLD 2:15 HOOP DANCE FITNESS
<b>21</b> 8:00 Yoga <b>8:15 B FIT (N)</b> <b>9:10 PEPS (N)</b> <b>10:00 MODIFIED YOGA (N)</b> 10:30 TAI CHI FORM 11:00 Beginning Tai Chi 1:00 ZUMBA GOLD 2:30-3:30 Line Dance II 3:30-4:30 Line Dance I 5:30 ZUMBA TONING	<b>22</b> <b>8:00 Seniors Circuit (O)</b> 9:00 GENTLE YOGA <b>9:15 LOW AND SLOW (N)</b> 10:15 CHAIR YOGA 11:00 FOLK DANCE 12:30 FIT AND FABULOUS 1:30 ZUMBA GOLD CHAIR 2:30 30 MIN. ZUMBA GOLD 5:30 STRONG by Zumba	<b>23</b> 8:00 Yoga 8:15 B FIT 9:10 PEPS 10:00 MODIFIED YOGA 10:30 TAI CHI FORM 11:00 Beginning Tai Chi 1:00 ZUMBA GOLD (T) <b>2:15 HOOP DANCE FITNESS (E)</b> 5:30 ZUMBA	<b>24</b> <b>8:00 Seniors Circuit (N)</b> 9:00 GENTLE YOGA 9:15 LOW AND SLOW 10:15 Chair Yoga <b>10:15 ZUMBA GOLD CHAIR (E)</b> 11:15 30 MIN. ZUMBA GOLD 12:30 FIT AND FABULOUS <b>2:00 DANCE-THE BALLROOM WORKOUT (N)</b> 4:30 STRONG by Zumba	<b>25</b> 8:15 B FIT 9:10 PEPS <b>10:15 ZUMBA GOLD FRIDAY AM (N)</b> 11:30 30 MIN. ZUMBA GOLD 12:15 FIT AND FABULOUS 1:00 ZUMBA GOLD <b>2:15 HOOP DANCE FITNESS (O)</b>
<b>28</b> <b>8:00 Yoga (E)</b> 8:15 B FIT 9:10 PEPS 10:00 MODIFIED YOGA 10:30 TAI CHI FORM 11:00 Beginning Tai Chi 1:00 ZUMBA GOLD 2:30-3:30 Line Dance II 3:30-4:30 Line Dance I 5:30 ZUMBA TONING	<b>29</b> 8:00 Seniors Circuit 9:00 GENTLE YOGA 9:15 LOW AND SLOW 10:15 CHAIR YOGA 11:00 FOLK DANCE 12:30 FIT AND FABULOUS <b>1:30 ZUMBA GOLD CHAIR (O)</b> 2:30 30 MIN. ZUMBA GOLD 5:30 STRONG by Zumba	<b>30</b> <b>8:00 Yoga (O)</b> 8:15 B FIT 9:10 PEPS 10:00 MODIFIED YOGA 10:30 TAI CHI FORM 11:00 Beginning Tai Chi 1:00 ZUMBA GOLD (T) <b>2:15 HOOP DANCE FITNESS (N)</b> 5:30 ZUMBA	<b>31</b> 8:00 Seniors Circuit 9:00 GENTLE YOGA 9:15 LOW AND SLOW 10:15 Chair Yoga <b>10:15 ZUMBA GOLD CHAIR (N)</b> 11:15 30 MIN. ZUMBA GOLD 12:30 FIT AND FABULOUS 2:00 DANCE-THE BALLROOM WORKOUT <b>4:30 STRONG by Zumba (E)</b>	<b>SATURDAY</b> <b>CORE 'N MORE</b> <b>8:15-9:00 AM</b> <b>NEW SESSION:</b> <b>September 14th-</b> <b>November 9th</b> <b>No Class: October 5th,</b> <b>12th, 19th</b>