

# OCTOBER 2018 EXERCISE CALENDAR

4

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>1</b> 8:15 B FIT 8:30 Yoga 9:10 PEPS 10:00 MODIFIED YOGA 10:30 TAI CHI FORM 11:00 Beginning Tai Chi <b>1:00 ZUMBA GOLD (N)</b> 2:30-3:30 Line Dance II 3:30-4:30 Line Dance I 5:30 ZUMBA TONING	<b>2</b> <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 5:30 Body B-Last	<b>3</b> 8:15 B FIT 8:30 Yoga 9:10 PEPS 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>4</b> 9:00 <b>NO</b> GENTLE YOGA 9:15 <b>NO</b> LOW AND SLOW 10:15 <b>NO</b> CHAIR YOGA 10:15 ZUMBA GOLD CHAIR 11:15 30 MIN. ZUMBA GOLD 12:30 FIT AND FABULOUS 2:00 DANCE –THE BALLROOM WORKOUT 4:30 STRONG by Zumba 5:30 Body-B-Last	<b>5</b> 8:15 B FIT 9:10 PEPS 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>8</b> 8:15 B FIT <b>8:30 Yoga (E)</b> 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>9</b> 9:00 GENTLE YOGA 9:15 LOW AND SLOW 10:15 CHAIR YOGA 11:00 FOLK DANCE <b>12:30 FIT AND FABULOUS</b> 1:30 ZUMBA GOLD CHAIR 2:30 30 MIN. ZUMBA GOLD 5:30 <b>NO</b> Body B-Last	<b>10</b> 8:15 <b>NO</b> B FIT <b>8:30 Yoga (O)</b> 9:10 <b>NO</b> PEPS 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>11</b> 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 2:00 DANCE –THE BALLROOM WORKOUT 4:30 STRONG by Zumba 5:30 <b>NO</b> Body B-Last	<b>12</b> 8:15 <b>NO</b> B FIT 9:10 <b>NO</b> PEPS 10:15 ZUMBA GOLD FRIDAY AM 11:30 30 MIN. ZUMBA GOLD 12:15 FIT AND FABULOUS 1:00 ZUMBA GOLD 2:15 HOOP DANCE FITNESS
<b>15</b> 8:15 <b>NO</b> B FIT <b>8:30 Yoga (N)</b> 9:10 <b>NO</b> PEPS 10:00 MODIFIED YOGA 10:30 TAI CHI FORM 11:00 Beginning Tai Chi 1:00 ZUMBA GOLD <b>2:30-3:30 Line Dance II (E)</b> <b>3:30-4:30 Line Dance I (E)</b> 5:30 ZUMBA TONING	<b>16</b> 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 5:30 <b>NO</b> Body B-Last	<b>17</b> 8:15 <b>NO</b> B FIT 8:30 Yoga 9:10 <b>NO</b> PEPS 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>18</b> 9:00 GENTLE YOGA <b>9:15 LOW AND SLOW (O)</b> 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 (E)</b> 4:30 STRONG by Zumba 5:30 Body B-Last	<b>19</b> <b>8:15 B FIT (E)</b> <b>9:10 PEPS (E)</b> <b>10:15 ZUMBA GOLD                      FRIDAY AM (E)</b> 11:30 30 MIN. ZUMBA GOLD 12:15 FIT AND FABULOUS 2:15 HOOP DANCE FITNESS
<b>22</b> <b>8:15 B FIT (N)</b> 8:30 Yoga <b>9:10 PEPS (N)</b> <b>10:00 MODIFIED YOGA (E)</b> 10:30 TAI CHI FORM 11:00 Beginning Tai Chi 1:00 ZUMBA GOLD 2:30-3:30 <b>NO</b> Line Dance II 3:30-4:30 <b>NO</b> Line Dance I 5:30 ZUMBA TONING	<b>23</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 <b>1:30 ZUMBA GOLD CHAIR (O)</b> 2:30 30 MIN. ZUMBA GOLD 5:30 Body B-Last	<b>24</b> 8:15 B FIT 8:30 Yoga 9:10 PEPS 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>25</b> 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 <b>1:30 Social Dance</b> <b>4:30 STRONG by Zumba (E)</b> 5:30 Body B-Last	<b>26</b> 8:15 B FIT 9:10 PEPS <b>10:15 ZUMBA GOLD                      FRIDAY AM (O)</b> 11:30 30 MIN. ZUMBA GOLD 12:15 FIT AND FABULOUS 1:00 ZUMBA GOLD 2:15 HOOP DANCE FITNESS
<b>29</b> 8:15 B FIT 8:30 Yoga 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 <b>NO</b> Line Dance II 3:30-4:30 <b>NO</b> Line Dance I 5:30 ZUMBA TONING	<b>30</b> 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 5:30 Body B-Last	<b>31</b> 8:15 B FIT 8:30 Yoga 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> <b>5:30 ZUMBA (E)</b>	<b>SATURDAY                      CORE 'N MORE                      8:15-9:00 AM                      NEW SESSION:                      September 8th-October 27th                      No class: Sept. 1, Oct. 13 &amp; 20                      ***NEW**                      POM SQUAD FITNESS                      9:30-10:30 AM                      NEW SESSION: October 27th-                      December 8th                      Open: October 20th                      No Class: November 24th</b>	
		<b>KEY:                      (N) New session starts                      (O) Open class, come                      try it out                      (E) Session ends</b>  <b>New Saturday                      Class                      Yoga for Balance                      New Session:                      September 29-Nov. 3                      Open: September 22                      For more info see page 14</b>		