

# October 2021



## Main Studio

2010-2020

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:15-6:00a		<b>POWER HOUR</b> Jordan	<b>POWER HOUR</b> Jordan	<b>POWER HOUR</b> Jordan	<b>POWER HOUR</b> Jordan	
8:00-8:45a	<b>Vinyasa Yoga</b> Michelle	<b>Muscle Pump</b> Shauna	<b>Vinyasa Yoga</b> Kathryn	<b>Muscle Pump</b> Shauna	<b>Vinyasa Yoga</b> Blaise	
9:00-9:45a		<b>TOTAL BODY</b> Sierra	<b>TOTAL BODY</b> Sierra	<b>TOTAL BODY</b> Sierra	<b>TOTAL BODY</b> Sierra	
10:00-10:45a	<b>GENTLE YOGA</b> Michelle	<b>BARRE BLEND</b> Sarah	<b>GENTLE YOGA</b> Kathryn		<b>GENTLE YOGA</b> Kathryn	
5:30-6:15p						<b>Introducing Barre Blend w/ Sarah</b>
6:30-7:45p			<i>Line Dancing</i> Mireya			
7:00-7:45p		<b>GENTLE YOGA</b> Ashley				

## Studio 1

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:00a			<b>PILATES</b> Shauna			
9:00a	<b>ZUMBA</b> Karyn		<b>ZUMBA</b> Karyn		<b>ZUMBA</b> Karyn	
6:00-6:45p				<b>Vinyasa Yoga</b> Fae		
7:00-7:45p				<b>HATHA/GENTLE FLOW</b> Fae		

## Spin Room

8-8:30 am	<b>Beginner Spin</b> Shauna					
9-9:30 am		<b>Beginner Spin</b> Shauna				
6:00p		<i>Spin</i> Shauna		<i>Spin</i> Shauna		

## Aquatics

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:00a	<b>Aquarobics</b> Ann	<b>Aquarobics</b> Ann	<b>Aquarobics</b> Ann	<b>Aquarobics</b> Ann	<b>Aquarobics</b> Ann	<b>Join The Fun in the Warm Water Exercise Pool</b>
9:00a	<b>Aquarobics</b> Ann	<b>Aquarobics</b> Ann	<b>Aquarobics</b> Ann	<b>Aquarobics</b> Ann	<b>Aquarobics</b> Ann	
5:00p	<b>Aquarobics</b> Lea	<b>Aquarobics</b> Lea		<b>Aquarobics</b> Lea		
6:00p	<b>Aquarobics</b> Lea	<b>Aquarobics</b> Lea		<b>Aquarobics</b> Lea		