

OCTOBER GROUP FITNESS



TIME	MON	TUES	WEDS	THURS	FRI	SAT
8:00 AM	Golf Stretch & Mobility	Gentle Yoga - Jodie	Gentle Yoga - Cassidy	Power Yoga - Kat	Power Yoga -Kat	Flow Restore - Kat
9:00 AM	Total Body - Bonnie	HITT - Bonnie	Pilates - Bonnie	HITT - Bonnie	Total Body -Bonnie	
10:00 AM	Aqua Aerobics - Bonnie	Barre - Bonnie	Aqua Aerobics - Bonnie	Barre - Bonnie	Aqua Zumba - Bonnie	
10:00 AM	Stretch - Cassidy		Stretch - Cassidy			
11:00 AM	Yoga Nidra -Cassidy					
4:00 PM		Sweat & Strength -Kat		Sweat & Strength -Kat		
5:00 PM		Restore Yoga -Kat		Restore Yoga -Kat		