

OCTOBER GROUP EXERCISE



MON	TUE	WED	THU	FRI	SAT
AM- 9:30am Zumba -Penny 10:30am Power Pump -Jamie	9:30am HIIT/Bootcamp -Kelly *No Class 10/6	9:30am Zumba -Penny	9:30am Power Pump -Jamie 10:30am Cardio Dance -Kelly *No Class 10/8	9:30am WERQ -Hanah *No Class 10/2	9:30am FITFORCE -Scott
PM- 5:30pm 20/20/20 -Robin	5:30pm Muscle Madness -Barb	5:30pm Step & Sculpt -Melody *No Class 10/7	5:30pm 20/20/20 -Barb		