



# OCTOBER/NOVEMBER

## MULTIPURPOSE ROOM - AM SCHEDULE - 2018

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5		<b>STRONG by Zumba®</b> 5:20 - 6:20AM			<b>STRONG by Zumba®</b> 5:20 - 6:20AM		
6							
7		<b>Cycle</b> 7:30 - 8:30AM		<b>Cycle</b> 7:30 - 8:30AM			
8	<b>Cycle Strength</b> 8:00 - 9:00AM		<b>Cycle Strength</b> 8:00 - 9:00AM		<b>Cycle Strength</b> 8:00 - 9:00AM	<b>Zumba® ***</b> 8:00 - 8:55AM	
9	<b>TRX®</b> 9:15 - 10:00AM	<b>Vinyasa Yoga</b> 9:00 - 10:00AM	<b>Above the Barre</b> 9:15 - 10:10AM	<b>Vinyasa Yoga</b> 9:00 - 10:00AM	<b>Dance Fitness</b> 9:15 - 10:10AM		
						<b>Vinyasa Yoga **</b> 9:15 - 10:30AM	
10	<b>Zumba®</b> 10:10 - 11:05AM	<b>Gentle Yoga</b> 10:05 - 11:05AM	<b>TRX®</b> 10:20 - 11:05AM	<b>Yoga</b> 10:05 - 11:05AM	<b>TRX®</b> 10:20 - 11:05AM		<b>YIN Yoga</b> 9:00 - 10:00AM
11	<b>Enhance Fitness</b> 11:15AM - 12:15PM	<b>Zumba® Gold</b> 11:15AM - 12:15PM	<b>Enhance Fitness</b> 11:15AM - 12:15PM	<b>Zumba® Gold</b> 11:15AM - 12:15PM	<b>Enhance Fitness</b> 11:15AM - 12:15PM		



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# MULTIPURPOSE ROOM – PM SCHEDULE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
12							
12:30	<b>Tai Chi</b> 12:30 - 1:25PM	<b>Barbell Pump</b> 12:30 - 1:25PM	<b>Core Strength</b> 12:30 - 1:25PM	<b>Barbell Pump</b> 12:30 - 1:25PM	<b>Kids University</b> 1:30 - 4:30PM		
1							
1:30							
2							
2:30							
3							
3:30	<b>Kids University</b> 3:30 - 4:30PM	<b>Kids University</b> 3:30 - 4:30PM	<b>Kids University</b> 3:30 - 4:30PM	<b>Kids University</b> 3:30 - 4:30PM			
4							
4:30							
5	<b>Tween Yoga</b> 5:00 - 6:00PM			<b>Hatha Yoga</b> 4:45 - 5:45PM			
5:30							
6		<b>Zumba®</b> 5:30 - 6:30PM	<b>Above the Barre</b> 5:45 - 6:45PM	<b>Zumba®</b> 5:50 - 6:50PM			
6:30		<b>Yoga</b> 6:45 - 7:30PM					
7							
7:30	<b>Tai Chi</b> 7:00 - 8:00PM	<b>Meditation</b> 7:30 - 8:00PM	<b>Zumba®</b> 7:00 - 8:00PM	<b>Dance Fitness</b> 7:00 - 8:00PM	<b>Cycle Party *</b> 7:00 - 8:00PM		
8							
8:30							

During open times on the schedule, members are free to use the room space for independent activities.

\* Every second Friday of the month

\*\* Due to an event, there will be no fitness classes after 9:00am on Saturday, October 20.

\*\*\* Zumba will be from 7:30-8:30am on October 20 only.

Updated 9.27.2018