

# October 2011

## Group Fitness Menu



Classes are subject to cancellation without notice due to poor attendance

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
TC - Tai Chi ZG - Zumba Gold S - Step B&G - Butts & Guts Y - Yoga SA - Stay Active BB - Body Blast RY - Restorative Yoga Z - Zumba CX - Cardio Xpress						1
2	3 8:45 TC Tamara 9:30 ZG Tamara 10:05 S Tamara  4:30 BB Tamara 5:20 B&G Tamara 6:00 Y Jennifer	4 7:00 SA Kathy 9:30 SA Tamara  4:45 Z Tamara 5:40 BB Marta 6:30 S Sharon	5 7:30 ZG Tamara 8:20 BB Tamara 9:30 RY Tamara  4:30 B&G Tamara 5:05 S Tamara 6:00 Y Jennifer	6 7:00 SA Kathy 8:45 TC Tamara 9:30 SA Tamara  4:45 CX Tamara 5:20 TC Tamara 6:00 BB Marta 6:50 Z Marta	7	8
9	10 8:45 TC Tamara 9:30 ZG Tamara 10:05 S Tamara  4:30 BB Tamara 5:20 B&G Tamara 6:00 Y Jennifer	11 7:00 SA Kathy 9:30 SA Tamara  4:45 Z Tamara 5:40 BB Marta 6:30 S Sharon	12 7:30 ZG Tamara 8:20 BB Tamara 9:30 RY Tamara  4:30 B&G Tamara 5:05 S Tamara 6:00 Y Jennifer	13 7:00 SA Kathy 8:45 TC Tamara 9:30 SA Tamara  4:45 CX Tamara 5:20 TC Tamara 6:00 BB Marta 6:50 Z Marta	14	15
16	17 8:45 TC Tamara 9:30 ZG Tamara 10:05 S Tamara  4:30 BB Tamara 5:20 B&G Tamara 6:00 Y Jennifer	18 7:00 SA Kathy 9:30 SA Tamara  4:45 Z Tamara 5:40 BB Marta 6:30 S Sharon	19 7:30 ZG Tamara 8:20 BB Tamara 9:30 RY Tamara  4:30 B&G Tamara 5:05 S Tamara 6:00 Y Jennifer	20 7:00 SA Kathy 8:45 TC Tamara 9:30 SA Tamara  4:45 CX Tamara 5:20 TC Tamara 6:00 BB Marta 6:50 Z Marta	21	22
23/30	24/31 8:45 TC Tamara 9:30 ZG Tamara 10:05 S Tamara  4:30 BB Tamara 5:20 B&G Tamara 6:00 Y Jennifer	25 7:00 SA Kathy 9:30 SA Tamara  4:45 Z Tamara 5:40 BB Marta 6:30 S Sharon	26 7:30 ZG Tamara 8:20 BB Tamara 9:30 RY Tamara  4:30 B&G Tamara 5:05 S Tamara 6:00 Y Jennifer	27 7:00 SA Kathy 8:45 TC Tamara 9:30 SA Tamara  4:45 CX Tamara 5:20 TC Tamara 6:00 BB Marta 6:50 Z Marta	28	29

### Business Hours

M-Th 8am - 7pm  
 Fri 8am - 6pm  
 Sat 10am - 2pm



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## Happy Halloween

