

October Fitness Schedule - Group Exercise #1 Only



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Power Sculpt 7:45 - 8:45 AM Deanne Bugos <i>Group Exercise 1</i>	Butts & Guts 7:45AM - 8:45 AM Stacy Cravens <i>Group Exercise 2</i>	Power Hour 7:45 - 8:45 AM Katie Hardie <i>Group Exercise 1</i>	Spin & Sculpt 7:45 - 8:45 AM Deanne Bugos <i>Group Exercise 1</i> No Clas 10/1	Yoga Fusion 8:00 AM - 9:00 AM Christina Russell <i>Group Exercise 1</i>
SS Yoga 10:15 - 11:15 AM Dallas Franklin <i>Group Exercise 1</i>	Silver Sneakers Classic 10:15 - 11:15 AM Mary Wagner <i>Group Exercise 1</i>	Silver Sneakers Circuit 10:15 - 11:15 AM Kristen Pinnick <i>Group Exercise 1</i>	SS Yoga 10:15 - 11:15 AM Kristen Pinnick <i>Group Exercise 1</i> No Class 10/15	Silver Sneakers Classic 10:15 - 11:15 AM Mary Wagner <i>Group Exercise 1</i>
FALL Jiu-Jitsu Age 6 - 9: 4:30 - 5:20PM Age 10 - 13: 5:30 - 6:20PM Adult 14+ 6:30 - 7:30 PM Raoni Orlandi <i>Group Exercise 1</i>	Comp Center Practice 5:00 - 6:00 PM <i>Group Exercise 1</i>	FALL Jiu-Jitsu Age 6 - 9: 4:30 - 5:20PM Age 10 - 13: 5:30 - 6:20PM Adult 14+ 6:30 - 7:30 PM Raoni Orlandi <i>Group Exercise 1</i>	Comp Center Practice 5:00 - 6:00 PM <i>Group Exercise 1</i>	

REGISTRATION

Registration begins 1 week prior to the next month of classes. You must register online, by app or with the help of Guest Services before attending class. Cancellations within 24 hours of the start of class result in a \$5 fee. No refunds after the start of class will be issued.

FITNESS CLASS SIGN IN

Before every fitness class all participants are required to check in with the front desk and sign in on the roster found in the classroom or workout area.