

OCTOBER

RUSSELLVILLE ROAD

2024



MON

TUE

WED

THU

FRI

SAT

5:15-6:15 AM				<p>-Kettlebell + Tabata w/Carrie (10/3)</p> <p>-Bootcamp + Core (on the turf) w/Susie (10/10 & 10/31)</p> <p>-Power Up + Tabata w/ Amy (10/17)</p> <p>-Cardio + Core w/Allison (10/24)</p>		
8:30-9:30 AM	<p>Chair Yoga</p> <p>-Tori</p>	<p>Refine 360 w/ Tina (Turf)</p>		<p>Refine 360 w/Tina (Turf)</p>	<p>F.I.T.</p> <p>-Ana</p>	<p>Spin</p> <p>-Regina (10/5)</p> <p>-Susie (10/12 & 10/19)</p> <p>-Beth (10/26)</p> <p>Saturday Sweat</p> <p>Kettlebell + Tabata -Carrie (10/5)</p> <p>Power Up-Beth (10/12)</p> <p>Power Up + Core -Allison (10/19)</p> <p>F.I.T. -Ana (10/26)</p>
9:30-10:30AM	<p>Yoga Stretch + Weights</p> <p>-Tori</p>	<p>Yogalates</p> <p>-Tina</p>		<p>Barre</p> <p>-Tina</p>	<p>Stretch "N" Flex</p> <p>-Chandler</p>	<p>Mind and Body</p> <p>Pilates + Stretch-Carrie (10/5)</p> <p>Pilates-Peggy (10/12)</p> <p>Yoga Flow-Tori (10/19 & 10/26)</p>
4:30 PM	<p><u>Kettlebell + Tabata</u></p> <p>Carrie</p>	<p><u>Spin+ Weights</u></p> <p>-Beth</p>		<p><u>Bootcamp + Zumba Fusion</u></p> <p>Ana</p>	<p><u>*Spin + F.I.T. (on the turf)</u></p> <p>-Susie</p>	
5:30-6:30 PM	<p>Yoga Flow</p> <p>Tori</p>	<p><u>Cardio Mashup</u></p> <p>Kickboxing+Core-Peggy (10/1 & 10/15)</p> <p>Kettle bell + Tabata -Peggy (10/8, 10/22 & 10/29)</p>	<p>Zumba</p> <p>-Ana</p>	<p><u>Tabata + Spin</u></p> <p>-Regina</p>	<p>Zumba</p> <p>Ana</p>	