

October 2021

GROUP EXERCISE

RUSSELLVILLE ROAD

MIX IT UP!

CLASSES ARE A GREAT WAY TO BREAK THE ROUTINE AND STAY ACTIVE!

	SUN	MON	TUES	WED	THU	FRI	SAT
8:30 - 9:30AM		*Coming Soon!	Total Tabata -Ana	*Coming Soon!	Zumba -Ana		Saturday Blast -Carrie 10/2 Zumba Step -Rose 10/9 Total Tabata -Regina 10/16 F.I.T. -Ana 10/23 R.I.P.P.E.D. -Allison 10/30 Bootcamp
9:30 - 10:30AM		Stretch "N" Flex -Heather	Yoga -Julia	Mind & Body Pi-Yo 10/6 Megan Yoga Stretch 10/13 Heather Yoga Stretch 10/20 Chandler Pi-Yo 10/27 Allison	Stretch "N" Flex -Heather	Yoga -Sara	Zumba -Carrie 10/2 -Carrie 10/9 -Ana 10/16 -Ana 10/23 -Rose 10/30
5:30 - 6:30PM		*Yoga -Amy	Zumba -Julia	*Yoga + Pilates -Rose	F.I.T. -Regina	Zumba -Julia 10/1 -Julia 10/8 -Ana 10/15 -Ana 10/22 -Julia 10/29	

