

The Fitness Center Group X Schedule

October 2017

Monday		
Time	Class/Instructor	
7:30 AM	Dynamic Strength	Greg
8:15 AM	Total Body	Gina
9:15 AM	Tone & Stretch	Farra
10:15 AM	Silver Sneakers	
4:00 PM	Happy Toes Dance	
5:30 PM	LM BodyPump	Bonki
7:30 PM	Happy Toes Dance	

Tuesday		
Time	Class/Instructor	
8:15 AM	LM BodyPump	Farra
9:15 AM	Yoga	Cathy
10:15 AM	Silver Sneakers	Bonki
8:00 PM	MMA	Les

Wednesday		
Time	Class/ Instructor	
7:30 AM	Dynamic Strength	Greg
8:15 AM	Total Body	Gina
9:15 AM	Tone & Stretch	Farra
10:15 AM	Silver Sneakers	
4:00 PM	Happy Toes Dance	
5:30 PM	LM BodyPump	Bonki
6:45 PM	HOT Yoga	Cathy

Thursday		
Time	Class/Instructor	
8:15 AM	LM BodyPump	Farra
9:15 AM	Yoga	Cathy
10:15 AM	Silver Sneakers	
3:15 PM	Happy Toes Dance	
8:00 PM	MMA	Les

Friday		
Time	Class/Instructor	
8:15 AM	Total Body	Farra
9:15 AM		
10:15 AM	Chair Yoga	Cathy

Saturday		
Time	Class/Instructor	

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