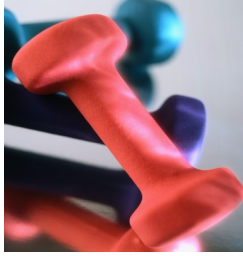


OCTOBER FITNESS 2017

VER 3



Ski fitness classes begin October 10—December 7 Tuesday & Thursday 5:30—6:30 pm

High Intensity Interval Training, or Hard Core Pilates Monday through Friday 6:00 , 6:30 and 7:00 am

New ReFit class Monday 8:30- 9:30 am Wednesday 8:00 - 9:00 am

Barre Class Tuesday, Thursday 5:30-6:30

Strong(her) Stroller fitness Monday, Wednesday, Friday 10:15 - 11:15 am rec center

Classes designated in black you can use your recreation center punch card or drop-in.

Classes designated in green are contract. Class fees are paid directly to instructor.

8 /drop-in \$60 /10 punch card \$82.50 /15 punch card \$351 /12 month pass unlimited land classes all year

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 6:30—7:30 HIIT Marisa 7:00—8:00 Yoga Cheryl 8:30—9:30 ReFit Tammy 9:00-10:00 H2O Fit Sue B 10:15 –11:15 Strong(her) Marisa 12:10-1:00 Mat Fit Taylor 5:00—5:45 Jazzercise Pat 6:00-7:00 Yoga Lisa 7:00 —8:00 Zumba Diego	2 6:30—7:30 am HIIT Marisa 7:00—8:00 Yoga Cheryl 8:30—9:30 ReFit Tammy 9:00-10:00 H2O Fit Steven 10:00—10:45 Pre K Ballet Marisa 12:00—1:00 Aqua Zumba Amy 4:15 - 5:15 Yoga Chrissy 5:30—6:30 Jazzercise Pat 7:00—8:00 Zumba Diego (gym)	3 6:30—7:30 am Barre Marisa 7:00—8:00 am Yoga Lisa 8:00—9:00 ReFit Tammy 9:00-10:00 Yoga Cheryl 9:00-10:00 H2O Fit Susan 10:15 –11:15 Strong(her) Marisa 12:10-1:00 Mat Fitness Taylor 3:40—4:00 JHSSST Meeting 6:00 — 7:00pm Yoga Kate 7:00—8:00 Zumba Diego	4 6:00—7:00 pre-hab Marisa 7:00—8:00 HIIT Marisa 9:00—10:00 Yoga Cheryl 9:00—10:00 H2O Fit Steven 12:00—1:00 Aqua Zumba amy 4:15—5:15 Yoga Cheryl 5:30—6:30 Jazzercise Pat 5:30—6:30 Barre Marisa 7:00—8:00 Zumba Diego (Gym)	5 6:30—7:30 am HIIT Marisa 7:00—8:00 Pilates no class 9:00 - 10:00 H2O Fit Susan 9:00— 10:00 Yoga Chrissy 10:15 –11:15 Strong(her) Marisa 12:00-1:00 Water Fit Jill 12:10-1:00 Zumba Yan	6 6:30—7:30 am HIIT Marisa 7:00—8:00 Pilates Mat Taylor 9:00 - 10:00 H2O Fit Sue B 9:00- 10:00 Yoga Chrissy 10:15 –11:15 Strong(her) Marisa 12:00-1:00 Water Fit Jill 12:10-1:00 Zumba Yan	7 6:30—7:30 am HIIT Marisa 7:00—8:00 Pilates Mat Taylor 9:00 - 10:00 H2O Fit Sue B 9:00- 10:00 Yoga Chrissy 10:15 –11:15 Strong(her) Marisa 12:00-1:00 Water Fit Jill 12:10-1:00 Zumba Yan
8 6:30—7:30 am HIIT Marisa 7:00—8:00 Yoga Cheryl 8:30—9:30 ReFit Tammy 9:00-10:00 H2O Fit Sue B 10:15 –11:15 Strong(her) Marisa 12:10-1:00 Mat Fit Taylor 5:00—5:45 Jazzercise Pat 6:00-7:00 Yoga Kate 7:00 —8:00 Zumba Diego	9 6:00—7:00 pre-hab Marisa 7:00—8:00 Pilates Mat Taylor 8:30—9:30 Yoga Cheryl 9:00—10:00 H2O Fit Steven 10:00—10:45 Pre K Ballet Marisa 12:00—1:00 Aqua Zumba Amy 4:15 - 5:15 Yoga Chrissy 5:30—6:30 Ski Fitness 7:00—8:00 Zumba Diego (gym)	10 6:30—7:30 am Barre Marisa 7:00—8:00 am Yoga Lisa 8:00—9:00 ReFit Tammy 9:00-10:00 Yoga Chrissy 9:00-10:00 H2O Fit Dawna 10:15 –11:15 Strong(her) Marisa 12:10-1:00 Mat Fitness Taylor 6:00 — 7:00pm Yoga Kate 7:00—8:00 Zumba Diego	11 6:00—7:00 pre-hab 7:00—8:00 HIIT Marisa 9:00—10:00 Yoga Cheryl 9:00—10:00 H2O Fit Sue B 12:00—1:00 Spin Molly 12:00—1:00 Aqua Zumba Amy 4:15—5:15 Yoga Cheryl 5:30—6:30 Ski Fitness 7:00—8:00 Zumba Diego (Gym)	12 6:30—7:30 am HIIT Marisa 7:00—8:00 Pilates Mat Taylor 9:00 - 10:00 H2O Fit Sue B 9:00- 10:00 Yoga Chrissy 10:15 –11:15 Strong(her) Marisa 12:00-1:00 Water Fit Jill 12:10-1:00 Zumba Yan	13 6:30—7:30 am HIIT Marisa 7:00—8:00 Pilates Mat Taylor 9:00 - 10:00 H2O Fit Sue B 9:00- 10:00 Yoga Chrissy 10:15 –11:15 Strong(her) Marisa 12:00-1:00 Water fit TBA 12:10 -1:00 Zumba Yan	14 6:30—7:30 am HIIT Marisa 7:00—8:00 Pilates Mat Taylor 9:00 - 10:00 H2O Fit Sue B 9:00- 10:00 Yoga Chrissy 10:15 –11:15 Strong(her) Marisa 12:00-1:00 Water fit TBA 12:10 -1:00 Zumba Yan
15 6:30—7:30 am HIIT Marisa 7:00—8:00 Yoga Cheryl 8:30—9:30 ReFit Tammy 9:00-10:00 H2O Fit Steven 10:15 –11:15 Strong(her) Marisa 12:10-1:00 Mat Fit Taylor 5:00—5:45 Jazzercise Pat 6:00-7:00 Yoga Lisa 7:00 —8:00 Zumba Diego	16 6:00—7:00 Pre-hab Marisa 7:00—8:00 Pilates Mat Taylor 8:30—9:30 Yoga Elizabeth 9:00—10:00 H2O Fit Steven 10:00— 10:45 PreK Ballet Marisa 12:00 —1:00 Spin Molly 12:00—1:00 Aqua Zumba Amy 4:15 - 5:15 Yoga Chrissy 5:30—6:30 Ski Fitness 5:30—6:30 Jazzercise Pat 7:00—8:00 Zumba Diego	17 6:30—7:30 am Barre Marisa 7:00—8:00 am Yoga Mayrt 8:00—9:00 ReFit Tammy 9:00-10:00 Yoga Chrissy 9:00-10:00 H2O Fit Dawna 10:15 –11:15 Strong(her) Marisa 12:10 -1:00 Mat Fitness Taylor 6:00—7:00 pm Yoga Mayrt 7:00—8:00 Zumba Diego	18 6:00—7:00 Pre-hab 7:00—8:00 HIIT Marisa 9:00—10:00 Yoga Elizabeth 9:00—10:00 H2O Fit Steven 12:00—1:00 Aqua Zumba Amy 4:15—5:15 Yoga Cheryl 5:30—6:30 Ski Fitness 7:00-8:00 Zumba Diego	19 6:30—7:30 am HIIT Marisa 7:00—8:00 Pilates Mat Taylor 9:00 - 10:00 H2O Fit Jane 9:00- 10:00 Yoga Chrissy 10:15 –11:15 Strong(her) Marisa 12:00-1:00 Water Fit Jill 12:10-1:00 Zumba Yan	20 6:30—7:30 am HIIT Marisa 7:00—8:00 Pilates no class 9:00 - 10:00 H2O Fit Jane 9:00— 10:00 Yoga Chrissy 10:15 –11:15 Strong(her) no class 12:00-1:00 Water Fit Jill 12:10-1:00 Zumba Yan	21 6:30—7:30 am HIIT Marisa 7:00—8:00 Pilates no class 9:00 - 10:00 H2O Fit Jane 9:00— 10:00 Yoga Chrissy 10:15 –11:15 Strong(her) no class 12:00-1:00 Water Fit Jill 12:10-1:00 Zumba Yan
22 6:30—7:30 am HIIT no class 7:00—8:00 Yoga Cheryl 8:30—9:30 ReFit Tammy 9:00-10:00 H2O Fit Sue B 10:15 –11:15 Strong(her) no class 12:10-1:00 Mat Fitness Taylor 5:00—5:45 Jazzercise Pat 6:00-7:00 Yoga Lisa 7:00 —8:00 Zumba Diego	23 6:00—7:00 pre-hab no class 7:00—8:00 Pilates Mat Taylor 8:30—9:30 Yoga Elizabeth 9:00—10:00 H2O Fit Steven 12:00—1:00 Spin Molly 12:00—1:00 Aqua Zumba Amy 4:15—5:15 Yoga Chrissy 5:30—6:30 Ski Fitness 5:30—6:30 Jazzercise Pat 7:00- 8:00 Zumba Diego	24 6:30—7:30 am Barre no class 7:00—8:00 am Yoga Mayrt 8:00—9:00 am ReFit Tammy 9:00-10:00 Yoga Chrissy 9:00-10:00 H2O Fit Dawna 10:15 –11:15 Strong(her) no class 12:10 –1:00 Total Fit Jill R 6:00—7:00 pm Yoga Mayrt 7:00—8:00 Zumba Diego	25 6:00—7:00 pre-hab no class 7:00—8:00 HIIT Marisa 9:00—10:00 Yoga Elizabeth 9:00—10:00 H2O Fit Steven 12:00—1:00 Spin Molly 12:00—1:00 Aqua Zumba Amy 4:15—5:15 Yoga Cheryl 5:30—6:30 Ski Fitness 5:30—6:30 Jazzercise Pat 7:00—8:00 Zumba Diego (Gym)	26 6:30—7:30 am HIIT no class 7:00—8:00 Pilates no class 9:00 - 10:00 H2O Fit Jane 9:00— 10:00 Yoga Chrissy 10:15 –11:15 Strong(her) no class 12:00-1:00 Water Fit Jill 12:10-1:00 Zumba Yan	27 6:30—7:30 am HIIT no class 7:00—8:00 Pilates no class 9:00 - 10:00 H2O Fit Jane 9:00— 10:00 Yoga Chrissy 10:15 –11:15 Strong(her) no class 12:00-1:00 Water Fit Jill 12:10-1:00 Zumba Yan	28 6:30—7:30 am HIIT no class 7:00—8:00 Pilates no class 9:00 - 10:00 H2O Fit Jane 9:00— 10:00 Yoga Chrissy 10:15 –11:15 Strong(her) no class 12:00-1:00 Water Fit Jill 12:10-1:00 Zumba Yan
29 7:00-8:00 HIIT Marisa 7:00—8:00 Yoga Cheryl 8:30—9:30 ReFit Tammy 9:00-10:00 H2O Fit Susan D 10:15 –11:15 Strong(her) Marisa 12:10-1:00 Total Fit Ali 5:00—5:45 Jazzercise Pat 6:00-7:00 Yoga Lisa 7:00 —8:00 Zumba Diego	30 6:00—7:00 Pre-hab Marisa 7:00— 8:00 Pilates no class 8:30—9:30 Yoga Elizabeth 9:00-10:00 intro 2 synchro Jane 12:00—1:00 Aqua Zumba 4:15—5:15 Yoga Chrissy 5:30—6:30 Ski Fitness 5:30—6:30 Jazzercise Pat 7:00—8:00 Zumba Diego	31 6:00—7:00 Pre-hab Marisa 7:00— 8:00 Pilates no class 8:30—9:30 Yoga Elizabeth 9:00-10:00 intro 2 synchro Jane 12:00—1:00 Aqua Zumba 4:15—5:15 Yoga Chrissy 5:30—6:30 Ski Fitness 5:30—6:30 Jazzercise Pat 7:00—8:00 Zumba Diego				