

# October Schedule

MONDAY				
STUDIO 1	STUDIO 2	STUDIO 3	CYCLE	AQUA
		5:45 - 6:45 <b>BODYPUMP</b> VAL B.	5:45-6:35 CYCLE BILL	
8:45 - 9:15 <b>BOOVIVE</b> SARAH		8:30 - 9:00 <b>MOVE IT</b> STAFF	7:30-8:15 CYCLE BLAIR	
	9:30 - 10:30 CHAIR YOGA & BALANCE CHRISSEY	9:30 - 9:30 <b>BUILD IT / STRETCH IT</b> STAFF	9:30 - 10:20 CYCLE COLLEEN	9:00 - 10:00 PHYSICAL THERAPY
9:30 - 10:30 PILATES SHARON	10:45 - 11:45 FELDENKRAIS JACKLYN	9:30 - 10:35 <b>BODYPUMP</b> LISA D.		9:00 - 10:00*** AQUA FIT CHRISTINA
10:30 - 11:00 STRETCH IT TOM		10:35 - 11:35 CARDIO KICKBOX SHARON		10:00-10:45 AQUA SCULPT MARK
11:00 - 12:00 HIP HOP DEBRICK		12:30 - 12:55 STEP INTERVAL LAURA C.		10:45-11:30 AQUA SCULPT MARK
12:00 - 12:50 SENIOR CORE/DRUMS ALIVE MARK				11:30-12:30 AQUA YOGA MARZENA
4:00-5:00 LINE DANCE DEBBIE	4:15-5:30 GENTLE YOGA MARZENA			1:00 - 2:00 PHYSICAL THERAPY
5:10-6:00 Hi-Lo Retro MARK	5:30-6:30 PILATES MAT JACKIE S.			2:00 - 3:00 PHYSICAL THERAPY
6:00-7:00 <b>BOOVIVE</b> DEL		5:00 - 6:00 <b>BOOVIVE</b> RENEE	6:00 - 6:50 CYCLE SHAUN	5:00-6:35 GROUP SWIM LESSONS
7:00-7:30 ZUMBA BARBARA		6:00 - 6:45 <b>BOOVIVE</b> SARAH		5:30-6:30*** Junior Hammerheads
7:30 - 8:00 ZUMBA TONING BARBARA	7:00-8:15 HATHA VINYASA JOE	6:45 - 7:30 <b>BOOVIVE</b> SARAH		6:30-7:30*** SWIM TEAM

Demo :  
October 9th & 23rd.

New Day and  
Time!

WEDNESDAY				
STUDIO 1	STUDIO 2	STUDIO 3	CYCLE	AQUA
7:00-7:45 WillPower Method* MARYANN		5:45 - 6:45 <b>BOOVIVE</b> RENEE	5:45-6:35 CYCLE COLLEEN	
8:30 - 9:30 csc HELEN		8:45-9:30 <b>BOOVIVE</b> LISA	7:30 - 8:20 CYCLE MARGARET	9:00 - 10:00*** CARDIO CROSS LIZ
9:30 - 10:30 <b>BOOVIVE</b> CHRISTINA S.	9:30 - 10:30 TONING on the BARRE LESLIE	9:45-10:30 BOOT CAMP RYAN		10:00 - 11:00 KAREN
10:30 - 11:15 ZUMBA GOLD STEPHANIE	10:30 - 11:45 POWER YOGA DEL	10:30-11:30 LABLAST/HOUSE PARTY FITNESS KELLY/STAFF		11:00-11:45*** AQUA ZUMBA JACKIE S.
12:10 - 12:55 STEP360 LAURA C.	11:45 - 1:00 GENTLE YOGA KATHLEEN			1:00-2:00 PHYSICAL THERAPY
	1:00 - 2:00 FELDENKRAIS JACKLYN	12:05-1:05 <b>BOOVIVE</b> SARAH		2:00 - 3:00 PHYSICAL THERAPY
5:30-6:30 <b>BOOVIVE</b> JACKIE/SHARON	6:00 - 7:00 STEP360 Mark S.	5:30 - 6:30 BOOT CAMP RYAN	4:30 - 5:20 CYCLE LISA V.	4:30-6:30 GROUP SWIM LESSONS
6:30-7:30 ZUMBA VIN		6:30 - 7:30 <b>BOOVIVE</b> TONY		7:00-8:00 AQUA SCULPT LINDA B.
7:30 - 8:30 HIP HOP Derrick	7:30-8:30 YIN YOGA JOE			

FRIDAY				
STUDIO 1	STUDIO 2	STUDIO 3	CYCLE	AQUA
	5:45-6:45 SLOW FLOW POWER YOGA KIRSTEN	5:45 - 6:45 <b>BOOVIVE</b> RENEE	5:45-6:35 CYCLE PHIL	
9:15-10:15 <b>BOOVIVE</b> CHRISTINA/DEL		9:00-10:00 ULTIMATE FITNESS EVE	9:30 - 10:20 CYCLE LAURA	9:00 - 10:00*** CARDIO CONDITIONING DANIELLE
10:30 - 11:30 ZUMBA LAURA C.	9:15-10:30 GENTLE YOGA SHANNON	10:15-11:15 <b>BOOVIVE</b> MARGARET		10:00 - 11:00 AQUA SCULPT MARK
	10:30-11:30 Toning @the Barre LESLIE	10:15 - 11:15 <b>BOOVIVE</b> CHRISTINA		10:00-11:00*** Demo on October 7th & 21st i/o Ultimate Fitness.
12:10-1:00 FAT BURNER FRIDAY LAURA C.				1:00-2:00 PHYSICAL THERAPY
6:00-7:00 ZUMBA LYNDA		6:15-7:15 ULTIMATE FITNESS PENNY		6:00 - 8:00 Swim Team

\*\*\* Lap Pool

TUESDAY				
STUDIO 1	STUDIO 2	STUDIO 3	CYCLE	AQUA
	5:45-6:45 SLOW FLOW POWER YOGA KIRSTEN	6:00-6:30 <b>GRIT SERIES</b> SARAH		
7:15-8:00 PILATES MAT JACKLYN			7:30-8:20 CYCLE PHIL	
8:30-9:00 CARDIO EXPRESS HELEN		9:00-9:30 BELLY DANCE/SHADES OF DANCE VIN/BARBARA	9:30-10:20 CYCLE NICOLE	9:00-10:00 PHYSICAL THERAPY
9:30-10:30 SCULPT EXPRESS HELEN	9:30-10:30 TONING at the BARRE CHRISSEY	9:30 - 10:30 <b>ZUMBA</b> VIN/BARBARA		9:30 - 10:30** CARDIO CONDITIONING DANIELLE
9:30-10:30 HATHA YOGA HELEN	10:30 - 11:30 GENTLE YOGA CHRISSEY	10:30 - 11:30 STRAIGHT-UP STRENGTH SHARON		
10:30 - 11:30 GENTLE PILATES BONNIE	11:45 - 12:45 TAI CHI LEE			11:00-12:00 AQUA SCULPT KATRINE
12:00 - 1:00 SENIOR CORE BAL ANNA	12:45 - 1:15 ADVANCED TAI CHI LEE	12:10-12:55 COREBAR LAURA C.		12:00-1:00 AQUA ARTHRITIS KATRINE
4:30 - 5:25 <b>ZUMBA</b> JENNA	1:30 - 2:30 GENTLE YOGA JOHN	4:30 - 5:30 <b>BOOVIVE</b> VAL		4:45-6:15 GROUP SWIM LESSONS
5:25 - 6:00 <b>GRIT SERIES</b> LAURIE	5:35 - 6:30 TONING at the BARRE LESLIE	5:30-6:30 BOXING JINKI	5:30 - 6:20 CYCLE MARK	
6:05-7:05 GET ACTIVE KAREN	6:30-7:00 STRETCH IT LAURIE	6:30 - 7:30 <b>ZUMBA</b> MARIBEL		5:30-6:30*** Junior Hammerheads
7:05 - 8:05 <b>BOOVIVE</b> PETER	7:00 - 8:00 VINYASA YOGA DONNA			6:30 - 7:30*** SWIM TEAM
	8:00 - 9:00 GENTLE YOGA JOE			

THURSDAY				
STUDIO 1	STUDIO 2	STUDIO 3	CYCLE	AQUA
		6:00-6:30 <b>GRIT SERIES</b> SARAH		
		8:30 - 9:00 <b>MOVE IT</b> HELEN	7:30 - 8:20 CYCLE ANNA	
	8:30 - 9:30 TONING at the BARRE CHARLENA	9:00 - 9:30 <b>BUILD IT / STRETCH IT</b> HELEN		9:00-10:00 PHYSICAL THERAPY
	9:30-10:45 GENTLE YOGA SHANNON	9:30 - 10:00 SHADES OF DANCE BARBARA	9:30 - 10:20 CYCLE LAURA S.	9:00- 9:45*** AQUA ZUMBA CHERYL
11:00-12:00 SENIOR CORE BAL ANNA	11:00-12:00 GENTLE PILATES JACKLYN	10:00 - 10:30 ZUMBA TONING BARBARA		10:00-11:00 AQUA SCULPT KATRINE
12:10-12:55 BARRE-LESS LAURA C.	2:00-3:00 GENTLE YOGA ANDREA	10:30 - 11:30 <b>BOOVIVE</b> MARGARET		12:00-1:00 AQUA ARTHRITIS ADDIE
5:00-5:50 FUN ON THE BALL KAREN	4:00-5:00 GENTLE YOGA CHRISSEY	12:00-12:45 ZUMBA GOLD STEPHANIE		1:00-2:00 AI CHI ADDIE
6:00-6:45 DRUMS ALIVE KAREN		4:30 - 5:30 <b>BOOVIVE</b> DANIELA		4:45-6:15 GROUP SWIM LESSONS
6:45-7:30 ATHLETIC BODYSTEP** PETER		5:30 - 6:30 <b>BOOVIVE</b> PETER	5:45 - 6:35 CYCLE BLAIR	5:30-6:30*** Junior Hammerheads
		6:30-7:30 BOXING PENNY		6:30 - 7:30*** SWIM TEAM
7:30-8:30 TAI CHI RUSSELL	7:00-8:15 HATHA YOGA JOE	7:30-8:30 ZUMBA JENNA		7:00 - 8:00 AQUA SCULPT MARK

SATURDAY				
STUDIO 1	STUDIO 2	STUDIO 3	CYCLE	AQUA
8:00-9:00 STRONG by Zumba™ DAWN		8:00-9:00 <b>BOOVIVE</b> RENEE	7:30 - 8:20 CYCLE BLAIR	1st Saturday of Month
9:00-10:00 <b>BOOVIVE</b> RENEE	8:30 - 9:45 YIN YOGA JOE	9:05-10:05 <b>BOOVIVE</b> PETER	9:00 - 9:50 CYCLE SHAUN	9:00-10:00*** Cardio Conditioning KAREN
10:00-11:00 ULTIMATE FITNESS STAFF	10:00-11:15 GENTLE YOGA JOE	10:15-11:15 <b>BOOVIVE</b> SARAH	10:15-11:00 YOUR 1ST RIDE SHAUN	10:00-11:00 AQUA SCULPT KAREN
10:00 - 11:00 <b>BOOVIVE</b> STAFF	11:25 - 12:25 SLOW FLOW POWER YOGA KIRSTEN	11:30 - 12:30 TAI CHI ALIYA	11:00 - 12:00 FELDENKRAIS JACKLYN	10:00-11:00*** SWIM TEAM
12:30 - 1:30 BALLROOM DEL		12:30-1:15 ADVANCED TAI CHI ALIYA		11:00-12:00 PARENT 'n ME pre-registration

SUNDAY				
STUDIO 1	STUDIO 2	STUDIO 3	CYCLE	AQUA
		7:30-8:30 <b>BOOVIVE</b> RENEE/ARTURO		
8:30 - 9:30 <b>BOOVIVE</b> ARTURO/SARAH	8:30 - 9:45 VINYASA YOGA HELEN/JOANNA	8:30-9:00 <b>GRIT SERIES</b> LAURIE	8:00-8:50 CYCLE MARK/NICOLE	10:00-11:15 AQUA SCULPT LINDA/AMY
9:30 - 10:30 BELLY DANCING VIN	9:45 - 10:45 RESTORATIVE YOGA JOANNA	9:10 - 10:10 <b>BOOVIVE</b> LAURIE		9:30-10:30 GROUP SWIM LESSONS
10:30 - 11:30 ZUMBA VIN	10:45 - 12:00 GENTLE YOGA SAMANTHA		9:00-9:50 CYCLE DON	11:00-11:40 GROUP SWIM LESSONS
11:30 - 12:30 GET ACTIVE KAREN		10:15-11:15 <b>BOOVIVE</b> ARTURO/LISA		11:45-12:30 GROUP SWIM ** Lap Pool