



October 2017



Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 Fall Fest! 1pm- 4pm @ Rec!	2 8:00 - 9:00 Sr. Yoga w/JoAnn* 10:15 - 11 Yoga w/ Renee 11:00 - 11:45am Splash w/ Judi 11:15-12 Circuit w/ Renee	3 9 - 9:45 Splash with Judi 9-9:45 Cardio w/Renee 10 - 10:45 Classic w/ Leigh 11 - 11:45 Tanya's Senior Fit**	4 9 - 9:45 Classic w/ JoAnn 10:15-11 Yoga w/ Renee 11:15 - 12:00 Circuit w/ Renee	5 9 - 9:45 Splash w/ Judi 10-10:45 Cardio w/ Leigh 11 - 11:45 Tanya's Senior Fit**	6 11 - 11:45 Splash w/ Judi	7
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29	30 8:00 - 9:00 Sr. Yoga w/JoAnn* 10:15 - 11 Yoga w/ Renee 11:00 - 11:45am Splash w/ Judi 11:15-12 Circuit w/ Renee	31 9 - 9:45 Splash with Judi 9-9:45 Cardio w/Renee 10 - 10:45 Classic w/ Leigh 11 - 11:45 Tanya's Senior Fit**		<p>*= JoAnn's Senior Yoga Members: \$2 Non-Members: \$3</p> <p>** = Tanya's Senior Fit: Members: \$2</p>		