



Day	Time	Location	Class	Instructor
Monday 10/12				
	8:00 - 9:00 AM	ZOOM	Qigong: Moving Meditation	Cari
	8:00 - 9:00 AM	Studio	Pilates for Everyone	Alexandra
	9:30-10:30 AM	Studio	Strong & Stable	Nicole
Tuesday 10/13				
	6:00-7:00 AM	Studio	PEAK Fitness	Gavin
	8:00 - 9:00 AM	Studio	Gentle Slow Flow Yoga	Anthony
	9:30 - 10:30 AM	Studio	HIIT	Lauren
NEW TIME!	4:00 - 5:15 PM	Studio	Myofascial Release (MFR) + Recovery	Lindsay
	5:30 - 6:30 PM	Lap Pool	Master Swim	Dave
Wednesday 10/14				
	8:00 - 9:00 AM	ZOOM	Qigong: Moving Meditation	Cari
	8:00-9:00 AM	Studio	Cycle & Strength	Susan
NEW INSTRUCTOR!	9:15-10:15 AM	Studio	Gentle Slow Flow Yoga	Ally (Sub)
	4:00-5:00 PM	Studio	Pilates for Everyone	Johnna
Thursday 10/15				
	6:00-7:00 AM	Studio	PEAK Fitness	Gavin
	7:30 - 8:30 AM	Studio	Vinyasa Flow Yoga	Laurie (sub)
	12:00 - 1:00 PM	Studio	Dynamic Conditioning	Gavin
	5:30 - 6:30 PM	Lap Pool	Master Swim	Dave
Friday 10/16				
CANCELLED	8:00 - 9:00 AM	Studio	Gentle Slow Flow Yoga	Shelly
	9:30 - 10:30 AM	Studio	Cycle + Strength	Mellie
Saturday 10/17 <i>No classes - Happy Saturday!</i>				
Sunday 10/18				
NEW INSTRUCTOR!	4:30 - 5:30 PM	Studio	Restore & Renew Yoga	Ally (Sub)