

## Class Schedule

Oct 18 – Oct 24

Sunday 18	Monday 19	Tuesday 20	Wednesday 21	Thursday 22	Friday 23	Saturday 24
	<b>PIYO</b> Julia 9:45 - 10:15 am		<b>AQUAFIT</b> Sandy 9:30 - 10:30 am			<b>ALL LADIES HOURS ON SAT. 10/24</b>
<b>DOUBLE STEP</b> Deb B 8:30 - 9:30 am	<b>Dance Party</b> Julia 10:15 - 11:15 am	<b>TOTAL BODY WORKOUT</b> Gurdeep 10:15 - 11:15 am	<b>Dance Party</b> Julia 10:15 - 11:15 am	<b>powerhoop®</b> Tiferet 11 am - 12 pm	<b>Dance Party</b> Julia 10:30 - 11:30 am	
			<b>pilates</b> Julia 11:15 am - 12 pm			
<b>MUSCLE MANIA</b> Elana 8:30 - 9:30 pm	<b>Dance Party</b> Tiferet 7:30 - 8:30 pm	<b>BARRE above™</b> Ronna 8:40 - 9:40 pm	<b>BOOT CAMP</b> Deb B 7:30 - 8:30 pm	<b>Dance Party</b> Julia 7:30 - 8:30 pm		

### Men's Classes

<b>SPINNING</b> Trainer (men) 2:15 - 3:00 pm	<b>Pinnacle BOOTCAMP</b> Don (men) 2:00 - 3:00 pm		<b>SPINNING</b> Trainer (men) 2:15 - 3:00 pm	<b>Pinnacle BOOTCAMP</b> Don (men) 2:00 - 3:00 pm		<b>NO MEN'S HOURS ON SAT. 10/24</b>

### Women's Hours

Sunday - Thursday: 8:30 am - 1:40 pm, 6:30 - 9:40 pm

Friday: 8:30 am - 12:50 pm

Saturday: 2<sup>nd</sup> and 4<sup>th</sup> week of each month

### Men's Hours

Sunday - Thursday: 6:00 am - 8:20 am,

1:50 pm - 6:20 pm, 9:50 pm - 12:00 am (midnight)

Friday: 6:00 - 8:20 am, 1:00 pm - 1 hr. before sunset

Saturday: 1<sup>st</sup><sup>d</sup> and 3<sup>rd</sup><sup>d</sup> week of each month

7:30 am - 1:00 pm