



# OCTOBER 2019 FITNESS SCHEDULE

## SUNDAY

9:00 A.M.  
\*FLOW YOGA  
Wendy

## MONDAY

7:00 A.M.  
CIRCUIT  
Svetlana

8:15 A.M.  
SPIN  
Kathryn

9:00 A.M.  
VINYASA YOGA  
Tami

10:30 A.M.  
TAI CHI  
Kimmy

5:00 P.M.  
RESTORATIVE YOGA  
LINDSEY

## TUESDAY

7:00 A.M.  
SPIN  
Karin

9:30 A.M.  
BARRE FUSION  
Marisa

## WEDNESDAY

7:00 A.M.  
CIRCUIT  
Abby

8:15 A.M.  
SPIN  
Abby

9:00 A.M.  
VINYASA YOGA  
Tami

10:30 A.M.  
PILATES  
Marisa

5:00 P.M.  
RESTORATIVE YOGA  
Sally

## THURSDAY

7:00 A.M.  
SPIN  
Karin

9:30 A.M.  
BARRE FUSION  
Jaclyn

A SPOOKTACULAR  
PUMPKIN WORKOUT  
OCT. 31<sup>st</sup> at 10:30 A.M.

WERQ! DANCE FITNESS  
OCT. 3<sup>rd</sup> & 10<sup>th</sup>  
10:35 A.M.  
Kirsten

## FRIDAY

7:00 A.M.  
CIRCUIT  
Marisa

8:15 A.M.  
SPIN  
Kathryn

9:00 A.M.  
VINYASA YOGA  
Tami

## SATURDAY

8:00 A.M.  
SPIN  
Marisa

9:00 A.M.  
STRETCH 101  
Lisa

9:15 A.M.  
SPIN(45 min)  
Marisa

9:15 A.M.  
\*AERIAL YOGA  
Carolyn

9:30 A.M.  
PILATES  
Lisa

\*Classes are held at the Nicklaus Fitness Center & are for Full Members and their guests.