

OCTOBER



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 Body Cond. 8:00 AM Senior Fit. 9:30AM	3 Boot Camp 5:30 AM	4 Body Cond. 8:00 AM Senior Fit. 9:30AM	5 Gentle Yoga 11:15 AM	6 Boot Camp 5:30 AM Body Cond. 8:00 AM Senior Fit. 9:30AM	7
8	9 Body Cond. 8:00 AM Senior Fit. 9:30AM	10 Boot Camp 5:30 AM	11 Body Cond. 8:00 AM Senior Fit. 9:30AM	12 Gentle Yoga 11:15 AM	13 Boot Camp 5:30 AM Body Cond. 8:00 AM Senior Fit. 9:30AM	14
15	16 Body Cond. 8:00 AM Senior Fit. 9:30AM	17 Boot Camp 5:30 AM	18 Lunch & Learn Walking for Wellness Body Cond. 8:00 AM Senior Fit. 9:30AM	19 Gentle Yoga 11:15 AM	20 Boot Camp 5:30 AM Body Cond. 8:00 AM Senior Fit. 9:30AM	21
22	23 Body Cond. 8:00 AM Senior Fit. 9:30AM	24 Boot Camp 5:30 AM	25 Body Cond. 8:00 AM Senior Fit. 9:30AM	26 Gentle Yoga 11:15 AM	27 Boot Camp 5:30 AM Body Cond. 8:00 AM Senior Fit. 9:30AM	28
29	30 Body Cond. 8:00 AM HALLOWEEN COSTUME PARTY Senior Fit. 9:30AM	31  Boot Camp 5:30 AM				

CLASS DESCRIPTIONS

Body Conditioning: 60 minutes 8:00 - 9:00AM

Discover the use of proper breathing to connect the mind & body, while focusing on isolation of the core. Get ready to strengthen and tone your core, hips, and buttocks. Perfect for all levels. Mondays, Wednesdays, and Fridays.

Senior Fitness Class: 45 minutes 9:30 - 10:15 AM

Join us Monday, Wednesday, and Friday, for a variety of exercises designed to increase muscular strength, range of movement, and activity for daily living skills. Hand-held weights, elastic tubing, and a chair and a ball are all offered to ensure the most fun you've ever had while exercising!
(\$3 Dollars for non-members)

Gentle Yoga*: 75 minutes 11:15 - 12:30 PM

(Offered by Karen Wasserlauf, LMT)

Karen is a licensed massage therapist with A Healthy Touch Wellness Center. Using her knowledge of the body, this class will offer poses related to your particular concerns and leave you focused to conquer the rest of your day. Class held on Thursdays.

Boot Camp: 60 minutes Tuesdays 5:30 - 6:30 AM Fridays 5:30 - 6:30 AM

Get in a full hour of the perfect blend of cardio, upper & lower body strength, and core work, all through a variety of exercises using hand weights and bodyweight. All fitness levels & ages welcome. Modifications available when necessary. Class held Monday, Wednesday, and Friday.

Non-Members Welcome! - just \$5 per class

Gym Hours

M-Th 5:30am-8pm

F 5:30am-7pm

S/S 7am-1pm



*Extra fee. Please ask for pricing

**Schedule subject to change

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