

OCTOBER GROUP EX SCHEDULE

Classes highlighted in green are new this month.

Reserve your spot in Mindbody starting at midnight two days before your class.

In inclement weather classes will be moved indoors.

Virtual classes are included in your membership and are not an additional cost.

Any additional class spaces will be filled on a first-come-first-served basis.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
CARDIO CRAZE GYMNASIUM 6:15 - 7:00 a.m. with Caylene	SPIN COMMUNITY ROOM 6:15 - 7:00 a.m. with Jess	CARDIO CRAZE GYMNASIUM 6:15 - 7:00 a.m. with Caylene	LO/HI GYMNASIUM 7:00 - 7:45 a.m. with Cassie	SPIN COMMUNITY ROOM 6:15 - 7:00 a.m. with Jess	SPIN PATIO 8:00 - 8:45 a.m. with Jess
PUMP IT UP STRENGTH PATIO/ VIRTUAL 8:15 - 9:00 a.m. with Theresa	TRX POWER GYMNASIUM 8:45 - 9:30 a.m. with Caylene	ESSETRICS COMMUNITY ROOM 9:30 - 10:30 a.m. with Carolyn	ESSETRICS COMMUNITY ROOM 8:15 - 9:15 a.m. with Carolyn	SPIN PATIO 9:30 - 10:30 a.m. with Theresa	TABATA PATIO/ VIRTUAL 9:00 - 9:45 a.m. with Theresa
SPIN PATIO 9:30 - 10:30 a.m. with Theresa	MAT PILATES VIRTUAL 9:30 - 10:30 a.m. with Lynn	CIRCUIT TRAINING PATIO/ VIRTUAL 9:45 - 10:30 a.m. with Theresa	BEGINNER TRX GYMNASIUM 8:45 - 9:15 a.m. with Theresa	TONE CENTRAL GYM/ VIRTUAL 9:30 - 10:15 a.m. with Caylene	KUNDALINI YOGA COMMUNITY ROOM 9:15 - 10:45 a.m. with Moni
ZUMBA PATIO 6:00 - 7:00 p.m. with Lin	ESCAPE PATIO 9:45 - 10:30 a.m. with Dante	TRX POWER GYMNASIUM 6:00 - 6:45 p.m. with Dante	ADV./INTER. TRX GYMNASIUM 9:30 - 10:15 a.m. with Theresa	MIXXED FIT PATIO 10:15 - 11:00 a.m. with Erin	
SPIN PATIO 7:15 - 8:00 p.m. with Amy	YOGA COMMUNITY ROOM/ VIRTUAL 10:00 - 11:00 a.m. with Theresa	SPIN PATIO 7:15 - 8:00 p.m. with Amy	ADV./INTER. PILATES VIRTUAL 9:30 - 10:30 a.m. with Lynn		SUNDAY
	VINYASA YOGA VIRTUAL 7:00 - 8:00 p.m. Alyssa		BOOTCAMP PATIO 6:00 - 6:45 p.m. with Dante		SPIN PATIO 9:15 - 10:00 a.m. with Jen
			VINYASA YOGA VIRTUAL 7:00 - 8:00 p.m. with Alyssa		PILATES VIRTUAL 9:30 - 10:30 a.m. with Brittany