

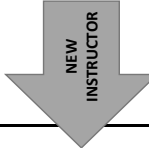
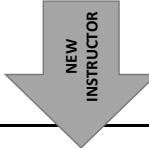




OCTOBER 2021 FITNESS CLASS SCHEDULE

STARTS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:30	8:30-9:30 Zumba with Danny (C)	CLUB OPENS AT 11 AM	8:30-9:30 Aqua Power (outdoor pool) with Katy (C)		8:30-9:30 Cardio Intervals with Amy (C)		
9:30					NEW START TIME 	9:30-10:30 Cycling with Enita (C)	
10:00	10:00-11:00 Cardio Intervals with Pam (Z/C)			10:00-11:00 Cardio + Sculpt with Pam (Z/C)	10:00-11:00 Strength Training with Pam (Z/C)	10:00-11:00 Fusion with Pam (Z/C)	10:00-11:00 Zumba with Danny (C)
11:00							
11:15		11:15-12:15 Strength Training with Pam (Z/C)					
2:30				LECTURE 	Oct. 8th "Keeping your Body Clean" with Pam (ZOOM ONLY)	 REGISTRATION RECOMMENDED TO ENSURE A PLACE IN CLASS	
5:30	5:30-6:30 Yoga with Debbie (C)	5:30-6:30 Cycling with Irena (C)	5:30-6:30 Fusion with Debbie (C)	5:30-6:30 Cycling with Irena (C)			
CLUB HOURS: Sunday 8 - 8 Monday 6 - 8 Tuesday 11 - 8 Wednesday 6 - 8 Thursday 6 - 8 Friday 6 - 8 Saturday 8 - 8							

NOTE: Location of Classes are indicated with
Z for ZOOM ONLY
C for Classroom ONLY
Z/C for both ZOOM and Classroom

THIS MAY BE DIFFERENT DEPENDING ON THE SPECIFIC DAY OF THE MONTH - please pay close attention to this designation.

Specialty Classes Subject to Change of Format/Instructor

ZOOM LECTURES

"Keeping your Body Clean - Inside & Out"
Friday, October 8th
at 2:30 PM
with Pamela Herzengerg
 Meeting ID: 833 6676 2641
 Passcode: 293763

October is Breast Cancer Awareness Month

Join us in raising awareness!
 Enita Pendelton and Danny Silver will be featuring music from amazing female artists and wearing pink for the following classes.

Saturday, October 15th – Cycle with Enita
Saturday, October 22nd – ZUMBA with Danny