

October 2017

MONDAY:

CARDIO/WEIGHT ROOM/ SHOWER ROOMS & ROCK WALL OPEN ALL DAY

<u>Open 5:30 am- 9 pm</u>	8:00-9:00 am	<i>SpinFLEX</i> w/Katherine
	10:00-11:15 am	Restorative Yin Yoga w/Katherine ALL Level
	5:30-6:15 pm	Mat Pilates w/Therese
	6:30-8:00 pm	Acro Jam No experience necessary, No partner needed, Open mind required.
	7:00-9:00 pm	Soccer for Adults

TUESDAY:

CARDIO/WEIGHT ROOM/ SHOWER ROOMS & ROCK WALL OPEN ALL DAY

<u>Open 5:30 am- 9 pm</u>	8:00-8:45 am	Mat Pilates w/Katherine
	10:30-11:15 am	CHAIR BASED SENIOR FITNESS WEIGHT TRAINING w/Katherine
	NOON-12:45 pm	Rhythm Ride w. Barre Leg Workout w/Katherine
	5:45-7:00 pm	Let it Roll Yoga (Hatha Flow w/Foam Roller and Balls) w/Jeanne- Level 2
	7:00-9:00 pm	Basketball for Adults

WEDNESDAY:

CARDIO/WEIGHT ROOM/ SHOWER ROOMS & ROCK WALL OPEN ALL DAY

<u>Open 5:30 am- 9 pm</u>	8:00-9:00 am	<i>SpinFLEX</i> w/Katherine
	10:00-11:15 am	Back & Hip Yoga w/Katherine Level 1
	5:30-6:15 pm	Mat Pilates w/Therese
	6:30-7:45 pm	Hatha Yoga w/Sherry/Katherine/Jeanne-Level 1
	6:00-8:00 pm	Main Gym Reserved for <i>Aerial Fabric Practice for Approved Students Only</i>

THURSDAY:

CARDIO/WEIGHT ROOM/ SHOWER ROOMS & ROCK WALL OPEN ALL DAY

<u>Open 5:30 am- 9 pm</u>	8:00-8:45 am	Mat Pilates w/Therese
	10:30-11:15 am	CHAIR BASED SENIOR FITNESS WEIGHT TRAINING w/Katherine
	NOON-12:45 pm	Rhythm Ride w. Barre Leg Workout w/Katherine
	5:45-7:00 pm	Easy Does it-Restorative Yoga w/Jeanne- ALL Level
	7:00-9:00 pm	Basketball for Adults

FRIDAY:

CARDIO/WEIGHT ROOM/ SHOWER ROOMS & ROCK WALL OPEN ALL DAY

<u>Open 5:30 am- 7 pm</u>	8:00-9:15 am	<i>SpinYOGA</i> w/Katherine
	10:00-11:15 am	Vinyasa Yoga w/Katherine Level 1-2
	5:30-6:30 pm	<i>Aerial Fabric Beginner Series</i> w/Tiffany & Richelle REGISTRATION REQUIRED. SEE NEWSLETTER.
	5:30-6:45 pm	Undo and Renew- Gentle Yoga ending in Restorative Poses w/Gillian- ALL Level

SATURDAY

CARDIO/WEIGHT ROOM/ SHOWER ROOMS & ROCK WALL OPEN ALL DAY

<u>Open 10 am-5 pm</u>	11:00-11:45 am	Mat Pilates w/Therese
	3:00-4:15 pm	Gentle Flow w/Gillian All Level

SUNDAY:

CARDIO/WEIGHT ROOM/ SHOWER ROOMS & ROCK WALL OPEN ALL DAY

<u>Open 1 pm -7pm</u>	3:00-4:15 pm	Undo and Renew- Gentle Yoga ending in Restorative Poses w/Jeanne- ALL Level
	4:30-5:00 pm	Meditation w/Jeanne- ALL Level
	5:00-7:00 pm	Main Gym Reserved for <i>Aerial Fabric Practice for Approved Students Only</i>

COME SELL OR SHOP!

COMMUNITY RUMMAGE SALE
 SATURDAY, OCTOBER 7
 10AM-2PM
 RENT A SPACE FOR 10 DOLLARS
 SEE NEWSLETTER FOR DETAILS



Please see separate AFTER SCHOOL PROGRAM and Kids Schedule for child AND FAMILY programming details!

HALLOWEEN CARNIVAL

SATURDAY, OCTOBER 28
 1PM-3PM
 VOLUNTEERS NEEDED
 SEE NEWSLETTER FOR DETAILS