

October 2017 morning classes

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 9am Intro to POUND Carole	2 8am Low Burn Beth 9:15am TNT Maria	3 5:30am AM Fitness Kelly 8am Cardio Tone Kelly 9am Yoga Nacole 11am MSROM* Maria	4 8am Express Strength & Stretch Yvonne 9:15am TNT Maria	5 5:30am AM Fitness (Advanced) Mandy 8am Candlelight Yoga Nacole 9-9:30am TNT Maria	6 8am Latin Cardio Sarah D. 12am MSROM* Maria	7 8am Metabolic Conditioning Jen 9am POUND Jenn
8 9am 30/30 Core Strength & Circuit Kym	9 8am Step Beth 9:15am TNT Maria	10 5:30am AM Fitness Kelly 8am Cardio Tone Sarah D. 9am Yoga Nacole 11am MSROM* Maria	11 8am NO CLASS 9:15am TNT Maria	12 5:30am AM Fitness (Advanced) Mandy 8am Candlelight Yoga Nacole	13 8am Spin & Tone Maria 11am Beginner Yoga Nacole 12am MSROM* Maria	14 8am Bootcamp Mandy 9am POUND Jenn
15 9am Step/Strength Kym	16 8am Low Burn Beth 9:15am TNT Maria	17 5:30am AM Fitness Mandy 8am Cardio Tone Sarah D. 9am NO CLASS 11am MSROM* Maria	18 8am Express Strength & Stretch Colleen 9:15am TNT Maria	19 5:30am AM Fitness (Advanced) Mandy 8am Candlelight Yoga Nacole 9-9:30am TNT Maria	20 8am Latin Cardio Sarah D. 12am MSROM* Maria	21 8am Bootcamp Mandy 9am POUND Jenn
22 9am 30/30 Core Strength & Circuit Kym	23 8am Step Beth 9:15am TNT Maria	24 5:30am AM Fitness Kelly 8am Cardio Tone Sarah D. 9am Yoga Nacole 11am MSROM* Maria	25 8am 20/20/20 Colleen 9:15am TNT Maria	26 5:30am AM Fitness (Advanced) Mandy 8am Candlelight Yoga Nacole	27 8am Spin & Tone Yvonne 11am Beginner Yoga Nacole 12am MSROM* Maria	28 8am Metabolic Conditioning Jen 9am POUND Jenn
29 9am Step Yvonne	30 8am Low Burn Beth 9:15am TNT Maria	31 5:30am AM Fitness Kelly 8am Cardio Tone Sarah D. 9am Yoga Nacole 11am MSROM* Maria		<p>*All classes (except Combat Kickboxing) are FREE to members and ONLY \$10 for non-members! Printable versions of the schedule can be found at http://go2fithappens.com or our Facebook page.</p> <p>*Please sign up at the front desk in advance for MSROM, there must be at least 5 members signed up in order for class to take place.</p>		

October 2017 evening classes

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 5:15pm POUND <i>Jenn</i> 6:15pm Pads and Bags <i>Daniel</i>	3 4:30-5pm Tabata <i>Jen</i> 5:30pm Strength Intervals <i>Katy</i>	4 4:15pm POUND <i>Jenn</i> 5:15pm Step / Gunz & Bunz <i>Beth</i> 6:15pm Pads and Bags <i>Daniel</i> (Gym Reserved until 8pm)	5 4:30-5pm Circuit <i>Kym</i> 5-5:30pm Core/Strength <i>Kym</i> 5:30pm Strength/Stretch <i>Sarah W.</i> 6:30pm Dance Fitness	6 6-6:30pm- 30 min. of open gym designated to martial arts training (with no instruction) 6:30-7:30pm *Combat Kickboxing <i>Keith</i>	7
8	9 5:15pm POUND <i>Jenn</i> 6:15pm Pads and Bags <i>Daniel</i>	10 4:30-5pm Tabata <i>Jen</i> 5:30pm Strength Intervals <i>Katy</i>	11 4:15pm POUND <i>Jenn</i> 5:15pm I3/Gunz&Bunz <i>Beth</i> 6:15pm Pads and Bags <i>Daniel</i> (Gym Reserved until 8pm)	12 4:30-5pm Core/Strength <i>Kym</i> 5-5:30pm Circuit <i>Kym</i> 5:30pm WOW <i>Kelly D.</i> 6:30pm Dance Fitness <i>Alyssa</i>	13 6-6:30pm- 30 min. of open gym designated to martial arts training (with no instruction) 6:30-7:30pm *Combat Kickboxing <i>Keith</i>	14
15	16 5:15pm POUND <i>Jenn</i> 6:15pm Pads and Bags <i>Daniel</i>	17 4:30-5pm Tabata <i>Jen</i> 5:30pm Strength Intervals <i>Katy</i>	18 4:15pm POUND <i>Jenn</i> 5:15pm Step / Gunz & Bunz <i>Beth</i> 6:15pm Pads and Bags <i>Daniel</i> (Gym Reserved until 8pm)	19 4:30-5pm Circuit <i>Kym</i> 5-5:30pm Core/Strength <i>Kym</i> 5:30pm WOW <i>Sarah W.</i> 6:30pm Dance Fitness <i>Alyssa</i>	20 6-6:30pm- 30 min. of open gym designated to martial arts training (with no instruction) 6:30-7:30pm *Combat Kickboxing <i>Keith</i>	21
22	23 5:15pm POUND <i>Jenn</i> 6:15pm Pads and Bags <i>Daniel</i>	24 4:30-5pm Tabata <i>Kym</i> 5:30pm Strength Intervals <i>Katy</i>	25 4:15pm POUND <i>Jenn</i> 5:15pm I3/Gunz&Bunz <i>Beth</i> 6:15pm Pads and Bags <i>Daniel</i> (Gym Reserved until 8pm)	26 4:30-5pm Core/Strength <i>Kym</i> 5-5:30pm Circuit <i>Kym</i> 5:30pm WOW <i>Sarah W.</i> 6:30pm Dance Fitness <i>Alyssa</i>	27 6-6:30pm- 30 min. of open gym designated to martial arts training (with no instruction) 6:30-7:30pm *Combat Kickboxing <i>Keith</i>	28
29 Gym Hours: Mon-Thur. 5am-10pm Fri. 5am-9pm Sat. 7am-3pm Sun. 7am-2pm	30 5:15pm POUND <i>Jenn</i> 6:15pm Pads and Bags <i>Daniel</i>	31 4:30-5pm Tabata <i>Jen</i> 5:30pm Strength Intervals <i>Katy</i>				