 October 2019 Fitness Class Schedule

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| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
| **Pain Aerobics 5:20 AM\***  **Spinning with Kay 5:30AM**  **Core de Force 6PM**  Pain Aerobics 7:00 PM | 1  **Pain Aerobics 5:20 AM\***  **Core de Force 6AM**  **Upper Body Blast w/ Derek 12PM**  **Live Fit 6PM**  **Zumba with Suzanne 6PM** | 2  **Pain Aerobics 5:20 AM\***  **Spinning with Brett 5:30AM**  **Y-Fit with Derek 5:15PM**  **Core de Force 7:15PM**  Pain Aerobics 7:00 PM\* | 3  **Pain Aerobics 5:20 AM\***  **Lower Body Blast with Derek 12PM**  **Spinning with Karynn 6PM**  Pain Aerobics 6:00 PM\* | 4  **Pain Aerobics 5:20 AM\***  **Spinning with Misty 5:30AM** | 5  **Pain Aerobics 8:00 AM\***  **Zumba with Suzanne 8:45AM** |
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| 7  **Pain Aerobics 5:20 AM\***  **Spinning with Kay 5:30AM**  **Core de Force 6PM**  Pain Aerobics 7:00 PM\* | 8  **Pain Aerobics 5:20 AM\***  **Core de Force 6AM**  **Upper Body Blast w/ Derek 12PM**  **Live Fit 6PM**  **Zumba with Suzanne 6PM** | 9  **Pain Aerobics 5:20 AM\***  **Spinning with Brett 5:30AM**  **Y-Fit with Derek 5:15PM**  **Core de Force 7:15PM**  Pain Aerobics 7:00 PM\* | 10  **Pain Aerobics 5:20 AM\***  **Lower Body Blast with Derek 12PM**  **Spinning with Karynn 6PM**  Pain Aerobics 6:00 PM\* | 11  **Pain Aerobics 5:20 AM\***  **Spinning with Misty 5:30AM** | 12  **Pain Aerobics 8:00 AM\***  **Zumba with Suzanne 8:45AM** |
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| 14  **Pain Aerobics 5:20 AM\***  **Spinning with Kay 5:30AM**  **Core de Force 6PM**  Pain Aerobics 7:00 PM\* | 15  **Pain Aerobics 5:20 AM\***  **Core de Force 6AM**  **Upper Body Blast w/ Derek 12PM**  **Live Fit 6PM**  **Zumba with Suzanne 6PM** | 16  **Pain Aerobics 5:20 AM\***  **Spinning with Brett 5:30AM**  **Y-Fit with Derek 5:15PM**  Pain Aerobics 7:00 PM\*  **Core de Force 7:15PM** | 17  **Pain Aerobics 5:20 AM\***  **Lower Body Blast with Derek 12PM**  **Spinning with Karynn 6PM**  Pain Aerobics 6:00 PM\* | 18  **Pain Aerobics 5:20 AM\***  **Spinning with Misty 5:30AM** | 19  **Pain Aerobics 8:00 AM\***  **Zumba with Suzanne 8:45AM** |
|  |  |  |  |  |  |
| 21  **Pain Aerobics 5:20 AM\***  **Spinning with Kay 5:30AM**  **Core de Force 6PM**  Pain Aerobics 7:00 PM\* | 22  **Pain Aerobics 5:20 AM\***  **Core de Force 6AM**  **Upper Body Blast w/ Derek 12PM**  **Live Fit 6PM** | 23  **Pain Aerobics 5:20 AM\***  **Spinning with Brett 5:30AM**  **Y-Fit with Derek 5:15PM**  Pain Aerobics 7:00 PM\*  **Core de Force 7:15PM** | 24  **Pain Aerobics 5:20 AM\***  **Lower Body Blast with Derek 12PM**  **Spinning with Karynn 6PM**  Pain Aerobics 6:00 PM\* | 25  **Pain Aerobics 5:20 AM\***  **Spinning with Misty 5:30AM** | 26  **Pain Aerobics 8:00 AM\***  **Zumba with Suzanne 8:45AM** |
|  | **Zumba with Suzanne 6PM** |  |  |  |  |
| 28  **Pain Aerobics 5:20 AM\***  **Spinning with Kay 5:30AM**  **Core de Force 6PM**  Pain Aerobics 7:00 PM\* | 22  **Pain Aerobics 5:20 AM\***  **Core de Force 6AM**  **Upper Body Blast w/ Derek 12PM**  **Live Fit 6PM** | 30  **Pain Aerobics 5:20 AM\***  **Spinning with Brett 5:30AM**  **Y-Fit with Derek 5:15PM**  Pain Aerobics 7:00 PM\*  **Core de Force 7:15PM** | 31  **Pain Aerobics 5:20 AM\***  **Lower Body Blast with Derek 12PM**  **Spinning with Karynn 6PM**  Pain Aerobics 6:00 PM\* | \*This is a House of Pain Class  $3.00 for members  $5.00 for non members |  |
|  | **Zumba with Suzanne 6PM** |  |  |  |  |