 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** |
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| 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** |  |  |  |  |