

Get Fit Class Schedule - OCTOBER

Sunday		Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
29	Schedule is subject to change at anytime.	30	9-10 AM Zumba 12-1 PM Silver Sneakers (Yasha) 6-7 PM Full Body Blast (China)	1	9-10 AM Strong Nation (Suri)	2	9-10 AM Zumba Toning (Suri) 12-1 PM Silver Sneakers (Yasha)	3	9-10 AM Strong Nation (Suri) 6-7 PM Full Body Blast (Paige)	4	9-10 AM Aerobic Dance (Suri) 12-1 PM Silver Sneakers (Yasha)	5	11:00-12:00 Move w/ China 12:00-1:00 PM Yoga (Yasha)
6		3-4 PM Hula Honey (Margo)	7	9-10 AM Zumba 12-1 PM Silver Sneakers (Yasha) 6-7 PM Full Body Blast (China)	8	9-10 AM Strong Nation (Suri)	9	9-10 AM Zumba Toning (Suri) 12-1 PM Silver Sneakers (Yasha)	10	9-10 AM Strong Nation (Suri) 6-7 PM Full Body Blast (Paige)	11	9-10 AM Aerobic Dance (Suri) 12-1 PM Silver Sneakers (Yasha)	12
13	3-4 PM Hula Honey (Margo)	14	9-10 AM Zumba 12-1 PM Silver Sneakers (Yasha) 6-7 PM Full Body Blast (China)	15	9-10 AM Strong Nation (Suri)	16	9-10 AM Zumba Toning (Suri) 12-1 PM Silver Sneakers (Yasha)	17	9-10 AM Strong Nation (Suri) 6-7 PM Full Body Blast (Paige)	18	9-10 AM Aerobic Dance (Suri) 12-1 PM Silver Sneakers (Yasha)	19	11:00-12:00am Move w/ China 12:00-1:00 PM Yoga (Yasha)
20	3-4 PM Hula Honey (Margo)	21	9-10 AM Zumba 12-1 PM Silver Sneakers (Yasha) 6-7 PM Full Body Blast (China)	22	9-10 AM Strong Nation (Suri)	23	9-10 AM Zumba Toning (Suri) 12-1 PM Silver Sneakers (Yasha)	24	9-10 AM Strong Nation (Suri) 6-7 PM Full Body Blast (Paige)	25	9-10 AM Aerobic Dance (Suri) 12-1 PM Silver Sneakers (Yasha)	26	11:00-12:00am Move w/ China 12:00-1:00 PM Yoga (Yasha)
27	3-4 PM Hula Honey (Margo)	28	9-10 AM Zumba 12-1 PM Silver Sneakers (Yasha) 6-7 PM Full Body Blast (China)	29	9-10 AM Strong Nation (Suri)	30	9-10 AM Zumba Toning (Suri) 12-1 PM Silver Sneakers (Yasha)	31	9-10 AM Strong Nation (Suri) 6-7 PM Full Body Blast (Paige)	1	9-10 AM Aerobic Dance (Suri) 12-1 PM Silver Sneakers (Yasha)	2	11:00-12:00am Move w/ China 12:00-1:00 PM Yoga (Yasha)