

Get Fit Class Schedule - OCTOBER

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

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