

# Get Fit Class Schedule - October

| Sunday |  | Monday                                                                                                                                                                                               |  | Tuesday                                                                                                                                                                                                                            |  | Wednesday                                                                                                                                                                                                            |  | Thursday                                                                                                                                                                                   |  | Friday                                                                                                                                                 |  | Saturday                                                                                                             |  |
|--------|--|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--|--------------------------------------------------------------------------------------------------------------------------------------------------------|--|----------------------------------------------------------------------------------------------------------------------|--|
| 27     |  | 28                                                                                                                                                                                                   |  | 29                                                                                                                                                                                                                                 |  | 30                                                                                                                                                                                                                   |  | 1                                                                                                                                                                                          |  | 2                                                                                                                                                      |  | 3                                                                                                                    |  |
|        |  | <b>9-10AM Circuit (Suri)</b><br><b>12-1 PM Silver Sneakers (Yasha)</b><br><b>1:10-2:10PM Line Dancing (Brenda)</b><br><b>2:15-3:15 Chair Yoga (Louise)</b><br><b>6-7 PM Full Body Blast (Jamie)</b>  |  | <b>9-10 AM Jump Zumba</b><br><b>10:15-11:15 Cardio Dance (Kathy)</b><br><b>1:10-2:10Line Dancing (Brenda)</b><br><b>2:15-3:15 SS Classic (Louise)</b><br><b>6-7 Glutes &amp;Abs China</b>                                          |  | <b>9-10 AM Jump/Step</b><br><b>12-1 PM Silver Sneakers (Yasha)</b><br><b>1:10-2:10 Line Dancing (Brenda)</b><br><b>2:15-3:15Chair Yoga (Louise)</b><br><b>3:15-4:15 Tai Chi (Louise)</b><br><b>6-7 Zumba (Suri)</b>  |  | <b>9-10 AM Jump Strong</b><br><b>10:15-11:15 Cardio/Dance (Kathy)</b><br><b>11:20-12:20 Yoga (Yasha)</b><br><b>2:15-3:15 SS Classic (Louise)</b><br><b>6-7 PM Full Body Blast (Jamie)</b>  |  | <b>9-10 AM Circuit fit</b><br><b>12-1 PM Silver Sneakers (Yasha)</b><br><b>1:10-2:10Line Dancing (Brenda)</b><br><b>2:15-3:15 Chair Yoga (Louise)</b>  |  | <b>11-12 Full Body Workout (Jamie)</b><br><b>12:15-1:15 Zumba w Jodi</b>                                             |  |
| 4      |  | 5                                                                                                                                                                                                    |  | 6                                                                                                                                                                                                                                  |  | 7                                                                                                                                                                                                                    |  | 8                                                                                                                                                                                          |  | 9                                                                                                                                                      |  | 10                                                                                                                   |  |
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| 11     |  | 12                                                                                                                                                                                                   |  | 13                                                                                                                                                                                                                                 |  | 14                                                                                                                                                                                                                   |  | 15                                                                                                                                                                                         |  | 16                                                                                                                                                     |  | 17                                                                                                                   |  |
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| 18     |  | 19                                                                                                                                                                                                   |  | 20                                                                                                                                                                                                                                 |  | 21                                                                                                                                                                                                                   |  | 22                                                                                                                                                                                         |  | 23                                                                                                                                                     |  | 24                                                                                                                   |  |

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ALL FITNESS LEVELS WELCOME

# Find Your *Perfect* Class

From gentle flows to high-intensity burns — discover the experience that moves you.

C

MODERATE

## Cardio Dance

Get your heart pumping with easy-to-follow dance moves set to upbeat music. No experience needed!

Y

GENTLE

## Chair Yoga

All the benefits of yoga with the support of a chair. Build strength and flexibility at any level.

S

GENTLE

## SilverSneakers

A fun, social workout to increase strength, balance, and coordination at your own pace.

E

MODERATE

## Everybody Fit

30 min cardio paired with range of motion and balance training. Built for every body.

F

STRENGTH

## Full Body

Head-to-toe strength and conditioning hitting every major muscle group. Zero shortcuts.

H

INTENSE

## HIIT

High-Intensity Interval Training — short bursts of all-out effort. Max results, min time.

✦

MODERATE

## Hula Honeys

Hula-inspired moves that tone your core and put a smile on your face. Grass skirt optional!

L

MODERATE

## Line Dancing

Step, turn, and groove to fitness with classic and modern line dances. All levels.

R

GENTLE

## Stretch & Reset

A calming way to start your week — slow, intentional stretches that release tension, restore mobility, and quiet the mind.

!

INTENSE

## Strong Nation

Music-driven high-intensity bodyweight training synced to the beat. Not for the faint of heart.

T

MIND & BODY

## Tai Chi

Gentle, meditative movements that improve balance, flexibility, and inner calm.

U

STRENGTH

## Upper / Lower

Targeted strength training that sculpts and tones — one half at a time.

■

MIND & BODY

## Yoga

Mindful movement and breathwork. Leave feeling longer, looser, and more centered.

Z

MODERATE

## Zumba

A Latin-inspired dance-fitness party that feels more like a celebration than a workout!

Ready to Move?

Check the schedule for class times →