

# HEALTHY LIVING

## Group Exercises Schedule



# OCTOBER

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
5:30am-6:15	Y-FIT Andy	Y-FIT Andy		Y-FIT Andy	
8:15am-8:45	JUMP –N– PUMP Kandy	TABATA Nicki	STEP Kandy	TABATA Nicki	STEP Kandy
9am-9:45	YOGA Kim	SCULPT Brandi	LOW IMPACT Kim	SCULPT Brandi	LOW IMPACT Kim
10am-10:45	POUND Brandi	FLOW YOGA Terrie	POUND Brandi	LOW IMPACT Terrie	CORE KICKBOXING Brandi
11am-11:45	YOGA Brandi	YOGA MOTION Terrie	YOGA Brandi	FLOW YOGA Terrie	
12:30pm-2:00	OCTANE CIRCUIT Richard	OCTANE CIRCUIT Richard	OCTANE CIRCUIT Richard	OCTANE CIRCUIT Richard	
4:30pm-5:15	STEP & SCULPT Kelsey		STEP & SCULPT Kelsey		
5:30pm-6:15	BALLET FIT Haley	YOGA FLOW Sarah	JUMP-N-PUMP Jessie	BALLET FIT Haley	
6:30pm-7:15 GX 1	JUMP –N– PUMP Kandy	ZUMBA Frank	ZUMBA Frank	YOGA FLOW Sarah	
6:30pm-7:15 GX 2		POWER RIDE Amy	SPIN Cameron		