

# OCTOBER FITNESS

| SUNDAY | MONDAY  | TUESDAY                                | WEDNESDAY                        | THURSDAY                                       | FRIDAY   | SATURDAY |
|--------|---|--|----------------------------------|--|--|----------|
|        |   | 1<br>2pm Silver Sneakers w/ Katherine  | 2<br>No Class                    | 3<br>11:15am Chair Yoga & Meditation w/ Candi  | 4<br>10am Hot Hula Fitness (Dance) w/ Melissa  | 5        |
| 6      | 7<br>9am Aqua Cardio w/Marni<br>11:30am Chair Yoga w/Candi      | 8<br>2pm Zumba Gold w/ Katherine       | 9<br>9am Aqua Cardio with Marni  | 10<br>11:15am Chair Yoga & Meditation w/ Candi | 11<br>10am Hot Hula Fitness (Dance) w/ Melissa | 12       |
| 13     | 14<br>9am Aqua Cardio w/Marni                                   | 15<br>2pm Silver Sneakers w/ Katherine | 16<br>9am Aqua Cardio with Marni | 17<br>11:15am Chair Yoga & Meditation w/ Candi | 18<br>10am Hot Hula Fitness (Dance) w/ Melissa | 19       |
| 20     | 21<br>9am Aqua Cardio w/ Marni<br>11:30am Chair Yoga w/ Candi   | 22<br>No Class                         | 23<br>9am Aqua Cardio with Marni | 24<br>11:15am Chair Yoga & Meditation w/ Candi | 25<br>10am Hot Hula Fitness (Dance) w/ Melissa | 26       |
| 27     | 28<br>9am Aqua Cardio with Marni<br>11:30am Chair Yoga w/ Candi | 29<br>2pm Silver Sneakers w/ Katherine | 30<br>9am Aqua Cardio with Marni | 31<br>11:15am Chair Yoga & Meditation w/ Candi | 1  | 2        |