



October 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 8:15a Circuit Training 9:30a Silver Sneakers 5:30p Yoga w/ Jennifer	2 5:00a H.I.I.T. 8:15a Muscle Works 5:30p 30m HIIT w/ Stevie	3 5:15a Cycling 8:15a DanceFit 9:30a Silver Sneakers 5:30p Strong Nation	4 8:15a Yoga	5 7:00a H.I.R.T. 7:30a Waisted 8:15a Yoga w/ Jennifer
7 5:00a H.I.R.T. 8:15a Yoga 4:30p DanceFit 5:30p POUND	8 8:15a Circuit Training 9:30a Silver Sneakers 5:30p AMPD Fusion	9 5:00a H.I.I.T. 8:15a Muscle Works 5:15p Yoga	10 5:15a Cycling 8:15a DanceFit 9:30a Silver Sneakers 5:30p Tabata	11 8:15a Yoga w/ Tiffany	12 7:00a H.I.R.T. 7:30a Waisted 8:15a POUND w/ Heather C
14 5:00a H.I.R.T. 8:15a Yoga 4:30p DanceFit 5:30p POUND	15 8:15a Circuit Training 9:30a Silver Sneakers 5:30p AMPD Fusion	16 5:00a H.I.I.T. 8:15a Muscle Works 5:15p AMPD Fusion	17 5:15a Cycling 8:15a DanceFit 9:30a Silver Sneakers 5:30p Strong Nation	18 8:15a Yoga w/ Tiffany	19 7:00a H.I.R.T. 7:30a Waisted 8:15a POUND Unplugged w/ Erin
21 5:00a H.I.R.T. 8:15a Yoga 4:30p DanceFit 5:30p POUND	22 8:15a Circuit Training 9:30a Silver Sneakers 5:30p AMPD Fusion	23 5:00a H.I.I.T. 8:15a Muscle Works 5:15p Yoga	24 5:15a Cycling 8:15a DanceFit 9:30a Silver Sneakers 5:30p Tabata	25 8:15a Yoga	26 7:00a H.I.R.T. 7:30a Waisted 8:15a Tabata w/ Heather E
28 5:00a H.I.R.T. 8:15a Yoga 4:30p DanceFit 5:30p POUND	29 8:15a Circuit Training 9:30a Silver Sneakers 5:30p AMPD Fusion	30 5:00a H.I.I.T. 8:15a Muscle Works 5:15p Yoga	31 5:15a Cycling 8:15a DanceFit 9:30a Silver Sneakers 5:30p NO CLASS HAPPY HALLOWEEN		

Plus Membership: Access to Gym, Sauna and **Unlimited** GX Classes with a 1-Year Contract. Price: \$35.95/Month plus tax.

Group Exercise Membership: Unlimited Group Exercise Classes with a 1-Year Contract. Price: \$29.95/Month plus tax.

Group Exercise Punch Card or Drop In: Go to ANY Regular GX Class with our 10-Class Punch Card. Price: \$55 or Drop in for \$6.50.

Cycling Class: Pre registration Required - Class registration will open each Saturday for the following week's classes.