



October

Group Fitness Calendar

2018

\$2 per class for all Civic Center Members \$5 per class for Nonmembers.
 Class Cards are for Members only \$30 for 20 visits.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 5:30p Dance Fitness – Sharon	2 10:30a Seniors - Trish 5:30p Yoga - Tom ** No Tabata **	3 6:15a Spin – Tom **Free AM Spin Class** 10:00a Zumbini - LaQueena 5:30p Yoga - Tom 6:30p Spin - Tom	4	5	6 8:30a Boot Camp - Lori
7	8 5:30p Dance Fitness – Sharon	9 10:30a Seniors - Trish 5:30p Yoga - Maggie 6:30p Tabata-Maggie	10 6:15a Spin – Tom 10:00a Zumbini - LaQueena 5:30p Yoga - Tom 6:30p Spin - Tom	11 10:30a Seniors – Trish 5:30p Dance Fitness – Sharon 6:30p Yoga - Tom	12	13 8:30a Boot Camp - Lori
14	15 5:30p Dance Fitness – Sharon	16 10:30a Seniors - Trish 5:30p Yoga - Maggie 6:30p Tabata-Maggie	17 6:15a Spin – Tom 10:00a Zumbini - LaQueena 5:30p Yoga - Maggie 6:30p Spin - Maggie	18 10:30a Seniors – Trish 5:30p Dance Fitness – Sharon 6:30p Yoga - Tom	19	20 8:30a Boot Camp - Lori
21	22 5:30p Dance Fitness – Sharon	23 10:30a Seniors - Trish 5:30p Yoga - Maggie 6:30p Tabata-Maggie	24 6:15a Spin – Tom 10:00a Zumbini - LaQueena 5:30p Yoga - Maggie 6:30p Spin - Maggie	25 10:30a Seniors – Trish 5:30p Dance Fitness – Sharon 6:30p Yoga - Tom	26	27 8:30a Boot Camp - Lori
28	29 5:30p Dance Fitness – Sharon	30 10:30a Seniors - Trish 5:30p Yoga – Maggie 6:30p Tabata-Maggie	31 6:15a Spin – Tom 10:00a Zumbini - LaQueena 5:30p Yoga - Maggie 6:30p Spin - Maggie			

News & Updates:

- If you are a SilverSneakers Member, you can use that Membership to take the Senior Fitness Class for FREE.
- Wednesday's we are adding a new class for Ages 0-4, Zumbini. Reservations are required @ www.zumbini.com
- Tuesday 10/2 – No Tabata Class
- Wednesday 10/5 - Spin class is FREE at 6:15am
- Wednesday 10/31 – HAPPY HALLOWEEN!