Updated 9/26/18

October 2018 Fitness Schedule – Jerry Belk Activity Center

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
September 30	1 7:45-8:30a Yogalates 5-5:30p Quick Fit 5:30-6:30p Zumba®	2 8:20–8:50a Mobility & Agility 9-10a Forever Young 5:15-6p Core + Strength & Conditioning ***NEW CLASS*** 6-6:30 Kickboxing	3 7:45-8:30a Yogalates 5-5:30p Quick Fit 5:30-6:30p Zumba®	4 8:20–8:50a Mobility & Agility 9-10a Forever Young 5:15-6p Core + Strength & Conditioning ***NEW CLASS*** 6-6:30 Kickboxing	5 5:30-6:30p GetFit	6
7	8 7:45-8:30a Yogalates 5-5:30p Quick Fit 5:30-6:30p Zumba®	9 8:20–8:50a Mobility & Agility 9-10a Forever Young 5:15-6p Core + Strength & Conditioning ***NEW CLASS*** 6-6:30 Kickboxing	10 7:45-8:30a Yogalates 5-5:30p Quick Fit 5:30-6:30p Zumba®	11 8:20–8:50a Mobility & Agility-**Andrew** 9-10a Forever Young **-Andrew** 5:15-6p Core + Strength & Conditioning ***NEW CLASS*** 6-6:30 Kickboxing	12 5:30-6:30p GetFit	13
14	15 7:45-8:30a Yogalates 5-5:30p Quick Fit 5:30-6:30p Zumba®	16 8:20–8:50a Mobility & Agility 9-10a Forever Young 5:15-6p Core + Strength & Conditioning ***NEW CLASS*** 6-6:30 Kickboxing	17 7:45-8:30a Yogalates 5-5:30p Quick Fit 5:30-6:30p Zumba®	18 8:20–8:50a Mobility & Agility 9-10a Forever Young 5:15-6p Core + Strength & Conditioning ***NEW CLASS*** 6-6:30 Kickboxing	19 5:30-6:30p GetFit	20
21	22 7:45-8:30a Yogalates 5-5:30p Quick Fit 5:30-6:30p Zumba®	23 8:20–8:50a Mobility & Agility 9-10a Forever Young 5:15-6p Core + Strength & Conditioning ***NEW CLASS*** 6-6:30 Kickboxing	24 7:45-8:30a Yogalates 5-5:30p Quick Fit 5:30-6:30p Zumba®	25 8:20–8:50a Mobility & Agility 9-10a Forever Young 5:15-6p Core + Strength & Conditioning ***NEW CLASS*** 6-6:30 Kickboxing	26 5:30-6:30p GetFit	27
28	29 7:45-8:30a Yogalates 5-5:30p Quick Fit 5:30-6:30p Zumba®	30 8:20–8:50a Mobility & Agility 9-10a Forever Young 5:15-6p Core + Strength & Conditioning ***NEW CLASS*** 6-6:30 Kickboxing	31 7:45-8:30a Yogalates 5-5:30p Quick Fit 5:30-6:30p Zumba®	November 1 8:20–8:50a Mobility & Agility 9-10a Forever Young 5:15-6p Core + Strength & Conditioning ***NEW CLASS*** 6-6:30 Kickboxing	November 2 5:30-6:30p GetFit	November 3