Updated 9/26/2018

October 2018 Fitness Schedule - Bobby Miller Activity Center

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
September 30	1 9-9:45a GIT Fit 9-10a Zumba® 10-11a Deep Water 10-11a Forever Young ***NEW CLASS*** 6-7p 30/30 Core and Kick 6-7p Zumba®-**Jackie**	2 8-8:30a Pilates 9-10a Water Aerobics 9-10a Boot Camp 5:40-6:10 POUND®-**Amber** 6:15-7:15p Zumba Toning® 6:30-7:30p Water Aerobics- **Amy**	3 9-10a PHITT 10:15–11:15a Yoga-**Michela** 6-7p Zumba®-**Stacey**	4 8-8:30a Pilates 9-10a Water Aerobics 9-10a Zumba® 10-11a Forever Young ***NEW TIMES*** *4:45-5:30p Boot Camp *5:30-6:15p Zumba® *6:30-7:30p Water Aerobics	5 9-9:45a GIT Fit 10:15–11:15a Yoga-**Michela**	6
7	8 9-9:45a GIT Fit 9-10a Zumba® 10-11a Deep Water 10-11a Forever Young ***NEW CLASS*** 6-7p 30/30 Core and Kick 6-7p Zumba®-**Jackie**	9 8-8:30a Pilates 9-10a Water Aerobics 9-10a Boot Camp 5:40-6:10 POUND®-**Amber** 6:15-7:15p Zumba Toning® 6:30-7:30p Water Aerobics- **Amy**	10 9-10a PHITT 10:15–11:15a Yoga-**Michela** 6-7p Zumba®-**Jackie**	11 8-8:30a Pilates 9-10a Water Aerobics 9-10a Zumba® 10-11a Forever Young ***NEW TIMES*** *4:45-5:30p Boot Camp *5:30-6:15p Zumba® *6:30-7:30p Water Aerobics	12 9-9:45a GIT Fit-**Taryn** 10:15–11:15a Yoga-**Michela**	13
14	15 9-9:45a GIT Fit 9-10a Zumba® 10-11a Deep Water 10-11a Forever Young ***NEW CLASS*** 6-7p 30/30 Core and Kick 6-7p Zumba®-**Jackie**	16 8-8:30a Pilates 9-10a Water Aerobics 9-10a Boot Camp 5:40-6:10 POUND®-**Amber** 6:15-7:15p Zumba Toning® 6:30-7:30p Water Aerobics- **Amy**	17 9-10a PHITT 10:15–11:15a Yoga-**Michela** 6-7p Zumba®-**Stacey**	18 8-8:30a Pilates 9-10a Water Aerobics 9-10a Zumba® 10-11a Forever Young ***NEW TIMES*** *4:45-5:30p Boot Camp *5:30-6:15p Zumba® *6:30-7:30p Water Aerobics	19 9-9:45a GIT Fit-**Taryn** 10:15–11:15a Yoga-**Michela**	20
21	22 9-9:45a GIT Fit 9-10a Zumba® 10-11a Deep Water 10-11a Forever Young ***NEW CLASS*** 6-7p 30/30 Core and Kick 6-7p Zumba®-**Jackie**	23 8-8:30a Pilates 9-10a Water Aerobics 9-10a Boot Camp 5:40-6:10 POUND®-**Hannah** 6:15-7:15p Zumba Toning® 6:30-7:30p Water Aerobics- **Amy**	24 9-10a PHITT 10:15–11:15a Yoga-**Michela** 6-7p Zumba®-**Jackie**	25 8-8:30a Pilates 9-10a Water Aerobics 9-10a Zumba® 10-11a Forever Young ***NEW TIMES*** *4:45-5:30p Boot Camp *5:30-6:15p Zumba® *6:30-7:30p Water Aerobics	26 9-9:45a GIT Fit 10:15–11:15a Yoga-**Michela**	27

28	29 9-9:45a GIT Fit 9-10a Zumba® 10-11a Deep Water 10-11a Forever Young ***NEW CLASS*** 6-7p 30/30 Core and Kick 6-7p Zumba®-**Jackie**	30 8-8:30a Pilates 9-10a Water Aerobics 9-10a Boot Camp 5:40-6:10 POUND®-**Amber** 6:15-7:15p Zumba Toning® 6:30-7:30p Water Aerobics- **Amy**	31 9-10a PHITT 10:15–11:15a Yoga-**Michela** 6-7p Zumba®-**Stacey**	November 1 8-8:30a Pilates 9-10a Water Aerobics 9-10a Zumba® 10-11a Forever Young 4:45-5:30p Boot Camp 5:30-6:15p Zumba® 6:30-7:30p Water Aerobics	November 2 9-9:45a GIT Fit 10:15–11:15a Yoga-**Michela**	November 3