Update 9/26/18

October 2018 Fitness Schedule - Faucett Brothers Activity Center

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
September 30	1 5:45-6:30a Boot Camp-**Taryn** 9-10a Mix It Up Monday 8:30-9:30a Water Aerobics-**Bea** 10:15-11a Pilates 4:30-5:15p Quick Fit-**Sarah** 5:40-6:10p POUND®-**Hannah** 6:20-7:20p Zumba® 6:20-7:20p Water Aerobics 6:30-7:30p Yoga-**Michela**	2 5:45-6:30a Boot Camp-**Amber** 9-10a Deep Water 9-10a Fitness Fusion-**Amber** 9-10a Forever Young-**Bea** 10:15–11:15a Yoga-**Michela** ***No Dance Aerobics – Class Cancelled*** 4:35-5:05p Quick Fit-**Bea** 5:30-6:30p Cycle 6:20-7:20p Water Aerobics 6:30-7:30p Zumba® ****NEW CLASS**** 6:45-7:15 Core	3 5:45-6:30a Boot Camp-**Taryn** 9-9:45a GIT Fit 9-10a Water Aerobics-**Amy** 10-10:45a Pilates 4:30-5:15p Quick Fit-**Will** 6:15-7:15p Strong by Zumba® 6:30-7:30p Yoga-**Michela**	4 5:45-6:30a Boot Camp-**Amber** 9-10a Deep Water-**Taryn** 9-10a Fitness Fusion-**Amber** 9-10a Forever Young-**Bea** 10:15–11:15a Yoga-**Michela** 10:30-11:20a Line Dancing 4:35-5:05p Quick Fit-**Bea** 5:30-6:30p Cycle 6:15-7:15p Zumba®-**Alisha** 6:20-7:20p Water Aerobics 6:45-7:30 Pilates-**Jo**	5 9-9:45a Quick Fit 9-10a Water Aerobics- **Taryn** 4:30-5:30p Quick Fit-**Amber** 5:30-6:30p Yoga-**Silke**	6 9:30-10:30a Zumba®-**Angie**
7	8 5:45-6:30a Boot Camp- **Taryn** 9-10a Mix It Up Monday 8:30-9:30a Water Aerobics-**Bea** 10:15-11a Pilates 4:30-5:15p Quick Fit-**Amber** 5:40-6:10p POUND®-**Amber** 6:20-7:20p Zumba® 6:20-7:20p Water Aerobics 6:30-7:30p Yoga-**Michela**	9 5:45-6:30a Boot Camp-**Amber** 9-10a Deep Water 9-10a Fitness Fusion-**Amber** 9-10a Forever Young-**Bea** 10:15–11:15a Yoga-**Michela** 4:35-5:05p Quick Fit-**Bea** 5:30-6:30p Cycle 6:20-7:20p Water Aerobics 6:30-7:30p Zumba® ****NEW CLASS**** 6:45-7:15 Core	10 5:45-6:30a Boot Camp- **Taryn** 9-9:45a GIT Fit 9-10a Water Aerobics-**Amy** 10-10:45a Pilates 4:30-5:15p Quick Fit-**Will** 6:15-7:15p Strong by Zumba® 6:30-7:30p Yoga-**Michela**	11 5:45-6:30a Boot Camp-**Amber** 9-10a Deep Water 9-10a Fitness Fusion-**Amber** 9-10a Forever Young-**Bea** 10:15–11:15a Yoga-**Michela** 10:30-11:20a Line Dancing 4:35-5:05p Quick Fit-**Bea** 5:30-6:30p Cycle 6:15-7:15p Zumba®-**Alisha** 6:20-7:20p Water Aerobics 6:45-7:30 Pilates-**Jo**	12 9-9:45a Quick Fit 9-10a Water Aerobics- **Taryn** 4:30-5:30p Quick Fit-**Will** 5:30-6:30p Yoga-**Silke**	13 9:30-10:30a Strong by Zumba®
14	15 5:45-6:30a Boot Camp- **Taryn** 9-10a Mix It Up Monday 8:30-9:30a Water Aerobics-**Bea** 10:15-11a Pilates 4:30-5:15p Quick Fit-**Amber** 5:40-6:10p POUND®-**Sarah** 6:20-7:20p Zumba® 6:20-7:20p Water Aerobics 6:30-7:30p Yoga-**Michela**	16 5:45-6:30a Boot Camp-**Amber** 9-10a Deep Water 9-10a Fitness Fusion-**Amber** 9-10a Forever Young-**Bea** 10:15–11:15a Yoga-**Michela** 4:35-5:05p Quick Fit-**Bea** 5:30-6:30p Cycle 6:20-7:20p Water Aerobics 6:30-7:30p Zumba® ****NEW CLASS**** 6:45-7:15 Core	17 5:45-6:30a Boot Camp- **Taryn** 9-9:45a GIT Fit 9-10a Water Aerobics-**Amy** 10-10:45a Pilates 4:30-5:15p Quick Fit-**Will** 6:15-7:15p Strong by Zumba® 6:30-7:30p Yoga-**Michela**	18 5:45-6:30a Boot Camp-**Amber** 9-10a Deep Water 9-10a Fitness Fusion-**Amber** 9-10a Forever Young-**Bea** 10:15–11:15a Yoga-**Michela** 10:30-11:20a Line Dancing 4:35-5:05p Quick Fit-**Bea** 5:30-6:30p Cycle 6:15-7:15p Zumba®-**Alisha** 6:20-7:20p Water Aerobics 6:45-7:30 Pilates-**Jo**	19 9-9:45a Quick Fit 9-10a Water Aerobics- **Taryn** 4:30-5:30p Quick Fit-**Will** 5:30-6:30p Yoga-**Silke**	20 9:30-10:30a Quick Fit-**Will**

21	22 5:45-6:30a Boot Camp- **Taryn** 9-10a Mix It Up Monday 8:30-9:30a Water Aerobics-**Bea** 10:15-11a Pilates 4:30-5:15p Quick Fit- **Taryn** 5:40-6:10p POUND®-**Hannah** 6:20-7:20p Zumba® 6:20-7:20p Water Aerobics 6:30-7:30p Yoga-**Michela**	23 5:45-6:30a Boot Camp-**Christa** 9-10a Deep Water 9-10a Fitness Fusion-**Andrew** 9-10a Forever Young-**Bea** 10:15–11:15a Yoga-**Michela** 4:35-5:05p Quick Fit-**Bea** 5:30-6:30p Cycle 6:20-7:20p Water Aerobics 6:30-7:30p Zumba® ***NEW CLASS*** 6:45-7:15 Core	24 5:45-6:30a Boot Camp- **Taryn** 9-9:45a GIT Fit 9-10a Water Aerobics-**Amy** 10-10:45a Pilates 4:30-5:15p Quick Fit-**Will** 6:15-7:15p Strong by Zumba® 6:30-7:30p Yoga-**Michela**	25 5:45-6:30a Boot Camp-**Christa** 9-10a Deep Water 9-10a Fitness Fusion-**Andrew** 9-10a Forever Young-**Bea** 10:15–11:15a Yoga-**Michela** 10:30-11:20a Line Dancing 4:35-5:05p Quick Fit-**Bea** 5:30-6:30p Cycle 6:15-7:15p Zumba®-**Alisha** **6:20-7:20p No Water Aerobics this evening** 6:45-7:30 Pilates-**Jo**	26 9-9:45a Quick Fit **9-10a No Water Aerobics this morning** 4:30-5:30p Quick Fit-**Will** 5:30-6:30p Yoga-**Silke**	27 9:30-10:30a Zumba®-**Angie**
28	29 **5:45-6:30a No Boot Camp this morning** 9-10a Mix It Up Monday 8:30-9:30a Water Aerobics-**Bea** 10:15-11a Pilates 4:30-5:15p Quick Fit-**Amber** 5:40-6:10p POUND®-**Amber** 6:20-7:20p Zumba® **6:20-7:20p No Water Aerobics this evening** 6:30-7:30p Yoga-**Michela**	30 5:45-6:30a Boot Camp-**Amber** 9-10a Deep Water 9-10a Fitness Fusion-**Amber** 9-10a Forever Young-**Bea** 10:15–11:15a Yoga-**Michela** 4:35-5:05p Quick Fit-**Bea** 5:30-6:30p Cycle **6:20-7:20p No Water Aerobics this evening** 6:30-7:30p Zumba® ***NEW CLASS*** 6:45-7:15 Core	31 5:45-6:30a Boot Camp- **Taryn** 9-9:45a GIT Fit 9-10a Water Aerobics-**Amy** 10-10:45a Pilates 4:30-5:15p Quick Fit-**Will** 6:15-7:15p Strong by Zumba® 6:30-7:30p Yoga-**Michela**	November 1 5:45-6:30a Boot Camp-**Amber** 9-10a Deep Water 9-10a Fitness Fusion-**Amber** 9-10a Forever Young-**Bea** 10:15–11:15a Yoga-**Michela** 10:30-11:20a Line Dancing 4:35-5:05p Quick Fit-**Bea** 5:30-6:30p Cycle 6:15-7:15p Zumba®-**Alisha** **6:20-7:20p No Water Aerobics this evening** 6:45-7:30 Pilates-**Jo**	November 2 9-9:45a Quick Fit 9-10a Water Aerobics-**Andrea** 4:30-5:30p Quick Fit-**Will** 5:30-6:30p Yoga-**Silke**	November 3 9:30-10:30a Zumba®-**Angie**