Updated 9/26/2018

October 2018 Fitness Schedule - Mary Ann Phelps Activity Center

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
September 30	1 9-10a Forever Young 10:15-11:15 Boot Camp-**Amber** 12-1pm Hatha Yoga 4-4:45p Gentle Yoga 5:15-6p Pilates & TBC	2 5:15-6:15a Boot Camp at Buddy Powell Pavilion* 9:15-10:15a Mat Pilates 6-7:10p Hatha Yoga	3 9-10a Forever Young-**Amber** 10:15-11:15 Boot Camp-**Amber**	4 5:15-6:15a Boot Camp at Buddy Powell Pavilion* 9:15-10:15a Mat Pilates 5:15-6p Pilates & TBC 6-7:10p Hatha Yoga	5 10-11a Roll Your Yoga-**Silke**	6
7	8 9-10a Forever Young 10:15-11:15 Boot Camp-**Amber** 12-1pm Hatha Yoga 4-4:45p Gentle Yoga 5:15-6p Pilates & TBC	9 5:15-6:15a Boot Camp at Buddy Powell Pavilion* 9:15-10:15a Mat Pilates 6-7:10p Hatha Yoga	10 9-10a Forever Young 10:15-11:15 Boot Camp-**Amber**	11 5:15-6:15a Boot Camp at Buddy Powell Pavilion* 9:15-10:15a Mat Pilates 5:15-6p Pilates & TBC 6-7:10p Hatha Yoga	12 10-11a Roll Your Yoga-**Silke**	13
14	15 9-10a Forever Young 10:15-11:15 Boot Camp-**Amber** 12-1pm Hatha Yoga 4-4:45p Gentle Yoga 5:15-6p Pilates & TBC	16 5:15-6:15a Boot Camp at Buddy Powell Pavilion* 9:15-10:15a Mat Pilates 6-7:10p Hatha Yoga	17 9-10a Forever Young 10:15-11:15 Boot Camp-**Amber**	18 5:15-6:15a Boot Camp at Buddy Powell Pavilion* 9:15-10:15a Mat Pilates ***5:15-6p NO Pilates & TBC this evening*** 6-7:10p Hatha Yoga-**Fleta**	19 10-11a Roll Your Yoga-**Silke**	20
21	22 9-10a Forever Young 10:15-11:15 Boot Camp - Hannah 12-1pm Hatha Yoga 4-4:45p Gentle Yoga 5:15-6p Pilates & TBC	23 5:15-6:15a Boot Camp at Buddy Powell Pavilion* 9:15-10:15a Mat Pilates 6-7:10p Hatha Yoga	24 9-10a Forever Young 10:15-11:15 Boot Camp - Hannah	25 5:15-6:15a Boot Camp at Buddy Powell Pavilion* 9:15-10:15a Mat Pilates 5:15-6p Pilates & TBC 6-7:10p Hatha Yoga	26 9:15-9:45 POUND®-**Hannah** 10-11a Roll Your Yoga-**Silke**	27
28	29 9-10a Forever Young 10:15-11:15 Boot Camp-**Amber** 12-1pm Hatha Yoga 4-4:45p Gentle Yoga 5:15-6p Pilates & TBC	30 5:15-6:15a Boot Camp at Buddy Powell Pavilion* 9:15-10:15a Mat Pilates 6-7:10p Hatha Yoga	31 9-10a Forever Young 10:15-11:15 Boot Camp-**Amber**	November 1 5:15-6:15a Boot Camp at Buddy Powell Pavilion* 9:15-10:15a Mat Pilates 5:15-6p Pilates & TBC 6-7:10p Hatha Yoga	November 2 10-11a Roll Your Yoga-**Silke**	November 3

TBC = Total Body Conditioning **TBD = To Be Determined** ***Must register for this class. Member-free, Non-member $30/mo.**