

October

Categories

Mind Body

Cardio/Strength

Energy Burst or Mindful Recovery

Monday

Tuesday

Wednesday

Thursday

Friday

	<p>8:00AM – 8:30AM <u>7 Minute Workout</u></p>	<p>6:30AM – 7:15AM <u>Cardio Core</u></p>	<p>7:15AM – 8:00AM <u>Total Body Conditioning</u>[^]</p>	<p>8:30AM – 9:00AM <u>Cardio Core Express</u></p>
<p>11:00AM – 11:30AM <u>Barre</u>[^]</p>		<p>10:00AM – 10:15AM <u>Energy Burst</u></p>		<p>10:00AM – 10:15AM <u>Mindful Recovery</u></p>
<p>11:45AM – 12:00PM <u>Seated Strength and Stretch</u></p>	<p>11:00AM – 11:30AM <u>Yoga Core Fusion</u></p>	<p>11:00AM – 11:30AM <u>HIIT</u></p>	<p>11:00AM – 11:30AM <u>Pilates</u></p>	<p>11:00AM – 11:30AM <u>Barre</u>[^]</p>
<p>12:00PM – 12:30PM <u>STRONG Nation</u>TM</p>	<p>12:00PM – 12:45PM <u>Zumba</u></p>	<p>12:00PM – 12:45PM <u>Yoga</u></p>	<p>12:00PM – 12:30PM <u>7 Minute Workout</u></p>	<p>12:00PM – 12:45PM <u>Yoga</u></p>
<p>3:00PM – 3:45PM <u>Yoga</u></p>	<p>3:00PM – 3:15PM <u>Energy Burst</u></p>	<p>3:00PM – 3:30PM <u>Pilates</u></p>	<p>3:00PM – 3:15PM <u>Mindful Recovery</u></p>	<p>3:00PM – 3:30PM <u>Core Express</u></p>
<p>5:15PM – 6:00PM <u>Total Body Conditioning</u>^{^*}</p>	<p>3:45PM – 4:15PM <u>Barre</u>[^]</p>	<p>5:15PM – 5:45PM <u>Kickboxing</u>[*]</p>	<p>5:15PM – 6:00PM <u>Zumba</u>[*]</p>	
	<p>7:00PM – 7:30PM <u>Yoga Express</u></p>			

[^]Class format will include options to supplement body weight exercises, including free weights, mini exercise balls or bands.

^{*} During the week of 10/25, join us for a fun Halloween theme during our 5:15pm classes!