

GROUP EXERCISE SCHEDULE OCTOBER 2025

SUN	MON	TUE	WED	THU	FRI	SAT
			1 6:10am Cycle-Beth 10am Zumba Toning-Lisa 11am Water Aerobics-Dot 12pm Circuit to the Beat-Sierra 5:15pm Pound-Sandra	2 9am Yoga-Annette 10:15am Zumba Toning-Amanda 11am Water Aerobics-Sierra 1pm Silver Sneakers -Debbie 5:15pm Cycle Marcia	3 6:10am Cycle-Beth 9am Circuit-Sierra 10:15 Chair Yoga- Annette 11am Aqua Zumba-Lisa 12pm Zumba- Amanda	5 10am Zumba- Cynthia
5	6 6:10 Cycle-Beth 9am Arthritis Debbie 10am Tabata- Sierra 11am-Mat Pilates-Annette 11am Water Aerobics-Valerie 12pm Zumba -Lisa 5:15pm Circuit training-Sierra	7 9am -Yoga-Annette 10am Circuit-Sierra 10am Water Arthritis-Annette 11am Water Aerobics-Sierra 5:30pm Zumba-Cynthia	8 6:10am Cycle-Beth 10am Zumba Toning-Lisa 11am Water Aerobics-Dot 12pm Circuit to the Beat-Sierra 5:15pm -No Pound Class	9 9am Yoga-Annette 10:15am Zumba Chair-Lisa 11am Water Aerobics-Sierra 1pm Silver Sneakers -Debbie 5:15pm Cycle Marcia	10 6:10 Cycle-Beth 9am Circuit-Sierra 10:15 Chair Yoga- Annette 11am Aqua Zumba-Lisa 12pm No Zumba	11 10am Zumba- Cynthia
12 	13 6:10 -No Cycle Class 9am Arthritis Debbie 10am Tabata- Sierra 11am Mat Pilates-Annette 11am Water Aerobics-Valerie 12pm Zumba Chair-Lisa 5:15pm Circuit Training-Sierra	14 9am-Yoga-Annette 10am Circuit-Sierra 10am Water Arthritis-Annette 11am Water Aerobics-Sierra 5:30pm Zumba-Cynthia	15 6:10 am Cycle-Beth 10am Zumba Toning-Lisa 11am Water Aerobics-Dot 12pm Circuit to the Beat-Sierra 5:15pm Pound-Sandra	16 9am Yoga-Annette 10:15am Zumba Toning-Amanda 11am Water Aerobics-Sierra 1pm Silver Sneakers -Debbie 5:15pm Cycle-Marcia	17 6:10am Cycle- Beth 9am -Circuit -Annette 10:15 Chair Yoga- Annette 11am-Aqua Zumba-Lisa 12pm Zumba- Amanda	18 10am Zumba-Cynthia
19	20 6:10 Cycle-Beth 9am -Arthritis Debbie 10am Tabata-Sierra 11am-Mat Pilates-Annette 11am Water Aerobics -Valerie 12pm Zumba-Lisa 5:15pm Circuit Training-Sierra	21 9am -Yoga-Annette 10am Circuit-Sierra 10am Water Arthritis-Annette 11am Water Aerobics-Sierra 5:30pm Zumba-Cynthia	22 6:10am Cycle-Beth 10am Zumba Toning-Lisa 11am Water Aerobics-Dot 12pm Circuit to the Beat-Sierra 5:15pm Pound-Sandra	23 9am Yoga-Annette 10:15am Zumba Toning-Amanda 11am Water Aerobics-Sierra 1pm Silver Sneakers -Debbie 5:15pm Cycle-Marcia	24 6:10am Cycle- Beth 9am Circuit-Sierra 10:15am Chair Yoga- Annette 11am-Aqua Zumba-Lisa 12pm Zumba- Amanda Breast Cancer Awareness -Zumba	25 10am Zumba-Cynthia
26	27 6:10 Cycle-Beth 9am Arthritis Debbie 10am Tabata-Sierra 11am Mat Pilates-Annette 11am Water Aerobics -Valerie 12pm Zumba Chair -Lisa 5:15pm Circuit Training-Sierra	28 9am -Yoga-Annette 10am Circuit-Sierra 10am Water Arthritis-Annette 11am Water Aerobics-Sierra 5:30pm Zumba-Cynthia	29 6:10am Cycle-Beth 10am Zumba Toning-Lisa 11am Water Aerobics-Dot 12pm Circuit to the Beat-Sierra 5:15pm Pound-Sandra	30 9am Yoga-Annette 10:15am Zumba Toning-Amanda 11am Water Aerobics-Sierra 1pm Silver Sneakers -Debbie 5:15pm Cycle-Marcia	31 6:10am Cycle- Beth 9am Total Body Blitz-Jeff 10:15 Chair Yoga- Annette 11am-Aqua Zumba-Lisa 12pm Zumba- Amanda Halloween Costume Zumba	