

MONDAY			5-Oct	12-Oct	19-Oct	26-Oct
5:30	SPRINT		Amy S	Amy S	Amy S	Amy S
6:00	INTENSE BODY		Jane G	Sabrina	Jeannie	Sabrina
7:30	RAISEDBARRE (S2)		Amy F	Ben	Cindy	Ben
8:30	BODYCOMBAT		Dina	Pam	Cindy	Amy F
8:30	YOGA (S2)		Katie E	Katie E	Katie E	Katie E
8:30	SPIN		Rachel	Jeannie	Alissa	Rachel
9:30	PILATES (S2)		Wenda	Amanda	Wenda	Kathy
9:30	GRIT		Anna	Amy G	Toni	Amy G
10:30	LOW IMPACT SCULPT		Laura B	Amy G	Kathy	Amy G
10:40	SIT & BE FIT (S2)		Michele A	Michele A	Michele A	Michele A
12:15	YOGA (S2)		Laura B	Tyler P	Tyler P	Tyler P
5:00	GRIT		Toni	Brandon	Anna	Pam
5:00	SPRINT		Sarah N	Jason	Rachel	Brandon
5:45	BODYCOMBAT		Kathleen	Fitzgerald	Kathleen	Pam
5:45	RAISEDBARRE (S2)		Sarah N	Rambo	Michelle E	Rambo
5:45	SPIN		Jason	Alissa	Rachel	Alissa
6:45	BODYPUMP		Jason	Rambo	Jason	Rambo
6:45	POWER YOGA (S2)		Hyejin	JoLynn	JoLynn	JoLynn
AQUATICS						
9:00	AQUA FITNESS		Beverly	Beverly	Beverly	Beverly
10:15	FLUID MOTION		Lil	Lil	Lil	Lil
5:45	AQUA FITNESS		Maria	Lynn	Maria	Maria
TUESDAY			6-Oct	13-Oct	20-Oct	27-Oct
5:30	YOGA SCULPT (S2)		Jennifer L	Jennifer L	Jennifer L	Jennifer L
6:00	SPIN		Nick	Nick	Nick	Nick
8:30	BODYSTEP		Kris	Kris	Kris	Amy F
8:30	RAISEDBARRE (S2)		Michelle C	Susan M	Susan M	Susan M
8:30	RPM SPIN		Els	Jeannie	Amy G	Cindy
9:30	BODYPUMP		Anna	Els	Suzanne	Anna
9:30	BODYFLOW (S2)		Kris	Kris	LAUNCH	Cindy
11:00	THERAPEUTIC YOGA		Michele A	Michele A	Michele A	Michele A
4:30	BODYPUMP		Morgan	Anna	Jason	Amy G
5:30	CXWORX		Morgan	Sarah N	Jason	Sarah N
5:45	SPIN		Ben	Ben	Ben	Ben
6:00	BODYATTACK		Cindy	Sarah N	Cindy	Sarah N
6:00	RAISEDBARRE (S2)		Brandi	Stephanie	Michelle E	Stephanie
7:00	ZUMBA 🤪		Adriana	Adriana	Adriana	Adriana
AQUATICS						
9:00	AQUA FITNESS		Nancy	Amanda	Lil	Lil
5:45	AQUA FITNESS		Lynn	Lynn	Lynn	Lynn
WEDNESDAY			7-Oct	14-Oct	21-Oct	28-Oct
5:30	PEDAL & PUMP		Pam	Pam	Cindy	Amy G
7:30	RAISEDBARRE (S2)		Cindy	Amy F	Ben	Amy F
8:30	GRIT		Amy G	Anna	Anna	Toni
8:30	YOGA (S2)		Hyejin	Hyejin	Hyejin	Hyejin
9:00	SPRINT		Rachel	Laura B	Alissa	Amy G
9:30	BODYPUMP		Suzanne	Sarah N	Alissa	Els
9:30	PILATES (S2)		Amanda	Amanda	Amanda	Amanda
10:30	LOW IMPACT SCULPT		Suzanne	Suzanne	Suzanne	Suzanne
10:30	RAISEDBARRE (S2)		Michelle C	Michelle C	Harper	Michelle C
4:45	BODYCOMBAT		Amy F	Cindy	Fitzgerald	Dina
5:00	SPRINT		Jason	LAUNCH	Jason	Laura B
5:45	CXWORX		Amy F	Cindy	Rambo	LAUNCH
5:45	SPIN		Jason	Jeff	Jason	Laura B
5:45	POWER YOGA (S2)		Hyejin	JoLynn	JoLynn	JoLynn
6:15	BODYPUMP		Katie M	Morgan	Rambo	Maria
AQUATICS						
9:00	AQUA FITNESS		Allison	Amy G	Allison	Allison
10:15	FLUID MOTION		Michele A	Michele A	Michele A	Michele A

Look out for Les Mills Quarterly Launch dates all this month!

THURSDAY		1-Oct	8-Oct	15-Oct	22-Oct	29-Oct
5:30	YOGA SCULPT (\$2)	Michelle E	Sabrina	Susan M	Michelle E	Michelle E
5:30	SPIN	Christi	Christi	Christi	Alissa	Christi
6:30	CXWORX	Christi	Christi	Christi	Alissa	Christi
8:30	BODYPUMP	Jeannie	Alissa	Els	Alissa	Amy G
8:30	RAISEDBARRE (\$2)	Brandi	Amy F	Michelle C	Brandi	Michelle C
8:30	RPM SPIN	Els	Amy G	Cindy	Anna	Els
9:30	CXWORX	Cindy	Amy F	Rachel	Cindy	Rachel
9:30	BODYFLOW (\$2)	Joanna	Joanna	Cindy	Joanna	Kris
10:00	ZUMBA	Adriana	Adriana	Adriana	Adriana	Adriana
4:30	BODYPUMP	Brandon	Anna	Amy G	Brandon	Pam
5:30	GRIT	Brandon	Anna	LAUNCH	Brandon	Pam
5:30	RAISEDBARRE (\$2)	Rambo	Rambo	Rambo	Rambo	Rambo
5:45	SPIN	Ben	Ben	Ben	Jeff R	Ben
6:15	BODYSTEP	Laura B	Kris	Cindy	Kris	Laura B
6:45	ZUMBA (\$2)	Yesika	Yesika	Yesika	Yesika	Yesika
AQUATICS						
9:00	AQUA FITNESS	Lynn	Lynn	Lynn	Lynn	Lynn
5:45	AQUA FITNESS	Maria	Lil	Maria	Maria	Maria
FRIDAY		2-Oct	9-Oct	16-Oct	23-Oct	30-Oct
5:30	GRIT	Brandon	Brandon	Brandon	Brandon	Brandon
6:00	INTENSE BODY	Sarah N	Jane G	Sarah N	Jane G	Sarah N
7:30	RAISEDBARRE (\$2)	Michelle E	Ben	Cindy	Amy F	Michelle E
8:30	BODYCOMBAT	Kathleen	Fitzgerald	Cindy	Amy F	Fitzgerald
8:30	SPIN	Alissa	Alissa	Alissa	Alissa	Alissa
9:30	ZUMBA	Amber	Amber	Amber	Amber	Amber
9:30	YOGA (\$2)	Hyejin	JoLynn	Hyejin	JoLynn	Hyejin
9:45	SPRINT	Amy G	Jeannie	Rachel	Rachel	Amy G
10:30	LOW IMPACT	Kathy	Amy G	Toni	Toni	Amy G
12:15	Gentle YOGA (\$2)	Allison	Mary	Kathy	Allison	Kathy
AQUATICS						
9:00	AQUA FITNESS	Beverly	Beverly	Allison	Beverly	Beverly
10:15	FLUID MOTION	Lynn	Lynn	Lynn	Lynn	Lynn
SATURDAY		3-Oct	10-Oct	17-Oct	24-Oct	31-Oct
7:30	BODYPUMP	Rambo	Jason	Jason	Sarah N	LAUNCH
8:30	BODYSTEP	Laura B	Kris	Laura B	LAUNCH	Cindy
8:30	RAISEDBARRE (\$2)	Rambo	Stephanie	Harper	Michelle C	Stephanie
8:30	SPIN	Nick	Nick	Nick	Nick	Nick
9:30	BODYATTACK	Sarah N	Morgan	LAUNCH	Michelle C	Sarah N
9:30	RPM SPIN	Els	LAUNCH	Els	Amy G	Amy G
9:30	PILATES (\$2)	Jesse	Jesse	Kathy	Michelle E	Kathy
10:30	BODYCOMBAT	Kathleen	Cindy	Kathleen	Cindy	LAUNCH
10:30	ADV. YOGA (\$2)	Hyejin	Jennifer E	Claire	Mary	Hyejin
AQUATICS						
9:00	AQUA FITNESS	Allison	Amanda	Lil	Maria	Lynn
SUNDAY		4-Oct	11-Oct	18-Oct	25-Oct	
1:30	BODYSTEP	Amy F	Kris	Laura B	Laura B	
1:30	BODYFLOW (\$2)	Rambo	Rambo	Cindy	Kris	
1:30	RPM SPIN	Anna	Maria	Els	Maria	
2:30	BODYPUMP	Els	Morgan	Els	Rambo	
3:30	RAISEDBARRE (\$2)	Amy F	Harper	Harper	Rambo	



Happy Halloween!
Normal Club Hours.
Childcare:
Closed in the evening.
Group Fitness:
No evening Classes.

New releases that will
scare the pounds off you.

LES MILLS

Quarterly Launch

Join us if you dare!

THROUGHOUT OCTOBER

PERSONAL TRAINING

6 PACK + iSTART

6 HOURS OF PERSONAL TRAINING

INTRODUCTORY FITNESS PROGRAM

ONLY \$289!

Talk to a personal trainer today to start your transformation.