

New releases that will scare the pounds off you.

LES MILLS

Quarterly Launch



Join us if you dare!

THROUGHOUT OCTOBER

BODYJAM® RETURNS!

October 12

PERSONAL TRAINING

6 PACK

6 HOURS OF PERSONAL TRAINING

+

iSTART

INTRODUCTORY FITNESS PROGRAM



GET ON THE PATH TO **STRENGTH** AND **WELLNESS** FOR ONLY \$289!



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

MONDAY			5-Oct	12-Oct	19-Oct	26-Oct
5:30	SPRINT		Katie M	Jeannie	Katie M	Jeannie
6:00	AB EXPRESS (S2)		Katie M	Jeannie	Katie M	Jeannie
8:30	BODYCOMBAT		Pam	Fitzgerald	Amy F	Dina
8:45	SPRINT		Jeannie	Rachel	Jeannie	Alissa
9:30	BODYPUMP		Jeannie	Anna	Jeannie	Alissa
9:30	YOGA (S2)		Allison	Hyejin	Allison	Allison
10:45	Sit & Be Fit (S2)		Sarah G	Sarah G	Sarah G	Sarah G
4:45	BODYPUMP		Suzanne	Sarah N.	Sarah V.	Sarah N
5:45	BODYSTEP		Cindy	Laura B.	Amy F.	LAUNCH
5:45	SPIN		Laura B.	Sarah N.	Laura B.	Sarah N
5:45	Raisedbarre (S2)		Harper	Brandi	Brandi	Michelle E.
6:45	BODYJAM		Adriana / Zumba	LAUNCH	Jesse	Jesse
TUESDAY			6-Oct	13-Oct	20-Oct	27-Oct
5:30	BODYPUMP		Sarah N.	Jeannie	Sarah N.	Jeannie
8:30	SPIN		Christi	Christi	Dina	Christi
8:30	BODYFLOW (S2)		Joanna	Joanna	LAUNCH	Joanna
9:30	ZUMBA		Yesika	Brandon	Amber	Brandon
10:15	Raisedbarre (S2)		Dina	Michelle C.	Dina	Michelle C.
5:00	PILATES (S2)		Jesse	Jesse	Jesse	Jesse
5:45	BODYCOMBAT (S2)		Pam	Fitzgerald	Dina	Cindy
5:45	BODYPUMP		Sarah N.	Rambo	Nicole T.	Rambo
7:00	HIP HOP		Nicole T.	Nicole T.	Nicole T.	Nicole T.
WEDNESDAY			7-Oct	14-Oct	21-Oct	28-Oct
5:15	SPIN		Christi	Christi	Jeannie	Christi
6:00	AB EXPRESS (S2)		Christi	Christi	Jeannie	Christi
9:00	BODYCOMBAT		Dina	Pam	Fitzgerald	Cindy
9:00	PEDAL & PUMP		Jeannie	Alissa	Pam	Alissa
10:00	Low Impact		Amy G.	Toni	Toni	Jenine
10:30	YOGA (S2)		Katie E.	Katie E.	Katie E.	Mary
11:40	SIT & BE FIT (S2)		Lisa D.	Lisa D.	Lisa D.	Lisa D.
5:30	GRIT		Pam	LAUNCH	Amy G.	Amy G.
5:45	SPIN		Jeff	Sarah N.	Sarah N.	Amy G.
6:15	BUTTS & GUTS		Darrell	Darrell	Lia W.	Darrell
7:00	YOGA (S2)		Jennifer E.	Claire	Jennifer E.	Claire
THURSDAY		1-Oct	8-Oct	15-Oct	22-Oct	29-Oct
8:30	PILATES (S2)	Jesse	Jesse	Jesse	Jesse	Jesse
8:30	SPRINT	Anna	Rachel	Jeannie	Rachel	Anna
9:00	BODYPUMP	Anna	Suzanne	Jeannie	Els	Ana
10:00	ZUMBA	Yesika	Adriana	Yesika	Yesika	Kathy
10:30	BODYFLOW	Cindy	Cindy	Joanna	Cindy	Joanna
4:45	BODYPUMP	Sarah N.	Sarah N.	Morgan	Suzanne	Jeannie
5:45	BODYCOMBAT	Pam	Dina	Amy F.	Fitzgerald	Cindy
5:50	SPRINT	Sarah N.	Sarah N.	LAUNCH	Rachel	Jeannie
6:45	ZUMBA	Pearle	Kevin	Pearle	Kevin	Adriana
FRIDAY		2-Oct	9-Oct	16-Oct	23-Oct	30-Oct
5:30	SPRINT	Laura B.	Laura B.	Katie M	Laura B.	Katie M.
6:00	AB EXPRESS (S2)	Laura B.	Laura B.	Katie M	Laura B.	Katie M.
8:30	PEDAL & PUMP	Jeannie	Christi	Jeannie	Pam	Christi
9:00	BODYATTACK	Michelle C.	Michelle C.	LAUNCH	Michelle C.	Dina
10:00	LOW IMPACT	Toni	Kathy	Jenine	Kathy	Toni
10:00	RAISEDBARRE (S2)	Michelle C.	Michelle C.	Dina	Michelle C.	Brandi
SATURDAY		3-Oct	10-Oct	17-Oct	24-Oct	31-Oct
8:30	BUTTS & GUTS	Darrell	Darrell	Darrell	Lia W.	Darrell
9:00	SPIN	Jeff	Beth	Nicole T.	David	David
9:30	BODYCOMBAT	Pam	Fitzgerald	Amy F.	Amy F.	LAUNCH
9:30	BODYPUMP (S2)	Morgan	Katie M.	Suzanne	Rambo	LAUNCH
10:30	ZUMBA	Kevin	Pearle	Yesika	Shelley	Adriana
10:35	ADVANCE YOGA (S2)	Katie E.	Craig	Jennifer E.	Hyejin	Claire
SUNDAY		4-Oct	11-Oct	18-Oct	25-Oct	
9:00	BODYCOMBAT	Pam	Dina	Fitzgerald	Fitzgerald	
1:30	ZUMBA	Kathy	Adriana	Amber	Brandon	
2:30	SPRINT	Alissa	Rachel	Sarah N.	Laura B.	
3:00	AB EXPRESS (S2)	Alissa	Rachel	Sarah N.	Laura B.	