

MONDAY		5-Oct	12-Oct	19-Oct	26-Oct
5:15	SPIN	Christi	Christi	Sarah N	Christi
5:30	CHISELED	Angie	Angie	Angie	Angie
8:30	BODYATTACK	Michelle C.	Dina	LAUNCH	Cindy
8:30	SPIN	Angie	Angie	Angie	Angie
8:30	ADV. YOGA (MB)	Susan	Susan	Susan	Susan
9:30	BODYPUMP	Sarah V	Alissa	Sarah N	Els
9:30	PILATES (MB)	Lee	Cindy	Lee	Lee
9:30	SPRINT	Sarah N	Sarah N	Laura	Sarah N
10:30	ZUMBA	Brandon G	Adriana	Brandon G	Yesika
10:30	YOGA (MB)	Anne Marie	Kathy	Anne Marie	Laura
5:30	GRIT	Pam	LAUNCH	Amy G	Toni
6:00	SPIN	Jeff	Jeff	Jane	Jeff
6:00	PILATES (MB)	Joanna	Cindy	Joanna	Lee
6:45	ZUMBA	Shelley	Pearl	Shelley	Shelley
7:00	BODYFLOW	Joanna	Stehanie	LAUNCH	Cindy
8:00	YOGA (MB)	Jennifer E	Jennifer E	Jennifer E	Jennifer E
AQUATICS					
9:00	AQUA FITNESS	MaryAnn	MaryAnn	MaryAnn	MaryAnn
10:00	POOLATES	MaryAnn	MaryAnn	MaryAnn	MaryAnn
6:15	AQUA FITNESS	Lynn	Sandy	Lynn	Lynn
TUESDAY		6-Oct	13-Oct	20-Oct	27-Oct
5:15	PUMP AND RUN	Christi	Christi	Jeannie	Christi
5:30	SPRINT	Jeannie	Sarah N	Amy G	Brandon R
6:00	AB BLAST	Jeannie	Sarah N	Amy G	Brandon R
8:30	INTENSE BODY	Lorri	Lorri	Lorri	Lorri
8:30	YOGA SCULPT (MB)	Anne Marie	Anne Marie	Anne Marie	Anne Marie
9:00	EXTREME SPIN	Alissa	Alissa	Alissa	Alissa
9:30	BODYCOMBAT	Amy F	Pam	Dina	Pam
9:30	BASIC YOGA (MB)	Katie E	Katie E	Katie E	Katie E
10:30	CXWORX	Amy F	Pam	Amy F	LAUNCH
11:00	ZUMBA	Amber	Kathy	Yesika	Amber
12:00	LOW IMPACT SCULPT	Kathy	Suzanne	Kathy	Suzanne
4:30	INTENSE BODY	Jane	Morgan	Laura	Morgan
5:45	BODYCOMBAT	Kathleen	Dina	Kathleen	Kathleen
5:45	EXTREME SPIN	Laura	Jeff	Jane	Laura
6:45	BODYPUMP	Maria	Katie M	Rambo	Katie M
6:45	BASIC YOGA (MB)	Jennifer E	Jennifer E	Hyejin	Jennifer E
AQUATICS					
9:00	NOODLE BUFF	Allison	Allison	Allison	Allison
WEDNESDAY		7-Oct	14-Oct	21-Oct	28-Oct
5:30	GRIT	Brandon	Brandon	Brandon	Brandon
5:30	SPIN	Jane	Sarah N	Jane	Laura
8:30	BODYPUMP	Alissa	Suzanne	Amy G	Pam
8:30	SPIN	Jeff	Rachel	Laura	Jeannie
8:30	POWER YOGA	Jay	Katie E	Jay	Anne Marie
9:30	BODYJAM	Zumba/Yesika	LAUNCH	Jesse	Jesse
9:30	SPRINT	Alissa	Rachel	Amy G	Sarah N
9:30	PILATES W/PROPS (MB)	Lee	Cindy	Lee	Lee
10:30	CHISELED	Sarah N	Laura	Sarah N	Sarah N
5:00	SPRINT	Laura	Rachel	Rachel	Rachel
5:30	BODYPUMP	Rambo	Alissa	Morgan	Sarah V
6:30	CXWORX	Rambo	Rambo	Rachel	Rambo
6:00	SPIN	Laura	Jason	Laura	Jeff
7:00	ZUMBA	Pearl	Shelley	Pearl	Pearl
7:00	BODYFLOW (MB)	Stephanie	Rambo	Stephanie	Rambo
AQUATICS					
9:00	AQUA FITNESS	Christi	Lynn	Kara	Christi
6:15	WATER JOGGING	Sandy	April	Sandy	April

BODYJAM
RETURNS!

October 14

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

THURSDAY		1-Oct	8-Oct	15-Oct	22-Oct	29-Oct
5:15	CIRCUIT 2K	Angie	Angie	Angie	Angie	Angie
8:30	BODYCOMBAT	Fitzgerald	Dina	Amy F	Fitzgerald	Pam
8:30	YOGA SCULPT (MB)	Anne Marie	Susan	Anne Marie	Susan	Susan
8:30	INTRO TO SPIN	Christi	Christi	Christi	Jane	Christi
8:45	SPIN	Christi	Christi	Christi	Jane	Christi
9:30	GRIT	Pam	Toni	Amy G	Amy G	Pam
9:30	YOGA (MB)	Anne Marie	Katie E	Anne Marie	Katie E	Hyejin
10:30	LOW IMPACT SCULPT	Kathy	Toni	Kathy	Suzanne	Suzanne
11:30	ZUMBA	Adriana	Kathy	Amber	Adriana	Amber
4:30	BODYCOMBAT	Fitzgerald	Cindy	Pam	Pam	Dina
5:45	GRIT	Amy G	Pam	Pam	Pam	Amy G
5:45	INTRO TO SPIN	Jeff	Jason	Jeff	Laura	Sarah N
6:00	SPIN	Jeff	Jason	Jeff	Laura	Sarah N
6:45	BODYPUMP	Morgan	Morgan	Katie M	Amy G	Katie M
6:45	PILATES (MB)	Jesse	Jesse	Jesse	Jesse	Jesse
AQUATICS						
9:00	AQUA FITNESS	Lil	Lil	Lil	Lil	Lil
FRIDAY		2-Oct	9-Oct	16-Oct	23-Oct	30-Oct
8:30	BODYPUMP	Christi	Cindy	Els	Els	Jeannie
8:30	YIN YANG YOGA (MB)	Anne Marie	Jay	Susan	Jay	Susan
8:45	SPRINT	Anna	Rachel	LAUNCH	Amy G	BJ
9:30	BODYSTEP	Kris	Amy F	Amy F	LAUNCH	Kris
9:30	RPM SPIN	Els	LAUNCH	Anna	Els	Jeannie
9:30	PILATES (MB)	Jesse	Jesse	Jesse	Jesse	Lee
10:45	BODYJAM	⚡ Hip/Hop Amber	Zumba/Adriana	Jesse	Jesse	Hip/Hop Amber
10:30	RESTORATIVE YOGA (MB)	Katie E	Wenda	Katie E	Wenda	Anne Marie
5:45	BODYPUMP	Rambo	Rambo	Rambo	Rambo	Rambo
AQUATICS						
9:00	AQUA FITNESS	MaryAnn	MaryAnn	MaryAnn	MaryAnn	MaryAnn
10:00	POOLATES	MaryAnn	MaryAnn	MaryAnn	MaryAnn	MaryAnn
SATURDAY		3-Oct	10-Oct	17-Oct	24-Oct	31-Oct
8:30	BODYCOMBAT	Amy F	Pam	Dina	Cindy	LAUNCH
8:30	SPIN	David	Sarah N	Jeff	Beth	Jeff
8:30	POWER YOGA (MB)	Jennifer E	Katie E	Anne Marie	Hyejin	Jennifer E
9:30	EXTREME SPIN	Rachel	Alissa	Alissa	Alissa	Alissa
9:30	BODYPUMP	Anna	Sarah N	Sarah V	Katie M	LAUNCH
9:30	PILATES	Lee	Wenda	Jesse	Jesse	Lee
10:30	BODYJAM	Hip/Hop Amber	Hip/Hop Amber	Jesse	Jesse	Hip/Hop Amber
10:30	YOGA SCULPT (MB)	Anne Marie	Sabrina	Anne Marie	Allison	Lee Stretch Sculpt
AQUATICS						
9:00	AQUA FITNESS	April	Lisa	Lynn	Allison	Sandy
SUNDAY		4-Oct	11-Oct	18-Oct	25-Oct	
9:00	SPIN	Beth	David	Beth	Jeff	
2:00	BODYPUMP	Sarah N	Jason	Morgan	Suzanne	
2:15	SPIN	David	Jeff	David	Beth	
3:15	BODYFLOW (MB)	Rambo	Stephanie	Cindy	Stephanie	

TIME
CHANGE

BODYJAM®
now at
10:45

*Please
note class
changes
on select
weeks



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.