

## October 2017 GROUP FITNESS CLASS SCHEDULE

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:00-6:00 AM	Markoma MetCon (Gym Floor)	Markoma MetCon (Gym Floor)	Markoma MetCon (Gym Floor)	Markoma MetCon (Gym Floor)	Markoma MetCon (Gym Floor)		
5:15-6:00am	Cardio Circuit (Cardio Rm)	Spin (Cardio Rm)	Cardio Circuit (Cardio Rm)	Spin (Cardio Rm)	Cardio Circuit (Cardio Rm)		
6:00am-7:00am	Markoma MetCon (Gym Floor)	Markoma MetCon (Gym Floor)	Markoma MetCon (Gym Floor)	Markoma MetCon (Gym Floor)	Markoma MetCon (Gym Floor)		
8:15am-8:45am				Yoga Stretch (Cardio Room)			
9:00am-10:00am	Markoma MetCon (Gym Floor)	Markoma MetCon (Gym Floor)	Markoma MetCon (Gym Floor)	Markoma MetCon (Gym Floor)	Markoma MetCon (Gym Floor)	Oly Wt Lifting (Gym Floor)	Oly Wt Lifting (Gym Floor)
10:00am-11:00am 11:15a-12:00p		TRX Abs/Core		TRX Abs/Core		Markoma MetCon (Gym Floor) On Ramp Markoma MetCon	Markoma MetCon (Gym Floor) On Ramp Markoma MetCon
10:15am – 10:45am 11:00am-12:00am	Sr. Stretch/Exercise 65yrs+ (Cardio Room)		Sr. Stretch/Exercise 65yrs+ (Cardio Room)		Sr. Stretch/Exercise 65yrs+ (Cardio Room)	Spin (Cardio Room) Zumba Gold No class 21st	
10:15-11:00 AM	Kids Bootcamp (gym floor)		Kids Bootcamp (gym floor)		Kids Bootcamp (gym floor)		
12:00-1:00PM 1:00-1:30pm	Markoma MetCon/TRX Abs (Gym Floor)	Markoma MetCon (Gym Floor)	Markoma MetCon/TRX Abs (Gym Floor)	Markoma MetCon (Gym Floor)	Markoma MetCon TRX Abs (Gym Floor)		
12:00-1:00PM	Spin (Cardio Room)	Glow Spin (Cardio Room)	Spin (Cardio Room)	Glow Spin (Cardio Room)	Spin (Cardio Room)		
4:00pm-4:45pm	Spin (Cardio Room)	Cardio Circuit (Cardio Room)	Spin (Cardio Room)	Cardio Circuit (Cardio Room)	Spin (Cardio Room)		
4:15pm-4:45pm	Kids Boot camp (Gym Floor)		Kids Boot camp (Gym Floor)		Kids Boot camp (Gym Floor)		
5:20pm-6:15pm	Markoma MetCon (Gym Floor)	Markoma MetCon (Gym Floor)	Markoma MetCon (Gym Floor)	Markoma MetCon (Gym Floor)	Markoma MetCon (Gym Floor)		
6:30-7:30 PM		Ab Sculpt (Cardio Room)	Yoga Stretch (Cardio Room)	Ab Sculpt (Cardio Room)			
7:30-8:00 PM	Beg. Metcon (Cardio Room)	Glow Spin (7:15) (Cardio Room)	Beg. MetCon (Cardio Room)	Spin (7:15) (Cardio Room)			
8:15-9:00 PM	Zumba Toning (Gym Floor) No class on 2 <sup>nd</sup> & 9 <sup>th</sup>	Zumba (Gym Floor) No class on 17 <sup>th</sup>		Zumba (Gym Floor)			