



October-PARKER

Weekend Group Exercise Schedule

Saturday, Oct 6th

8:00-9:00am Cycling- Julie St.
9:00-10:00am Zumba/Toning- Emily

Sunday, Oct 7th

7:30-8:30am-Group Power (Strength Train Together)- Diane J.
9:00-10:00am Zumba-Emily

Saturday, Oct 13th

8:00-9:00am Cycling- Amanda
9:00-10:00am Zumba/Toning-Emily

Sunday, Oct 14th

7:30-8:30am Group Power (Strength Train Together)- Andrea
9:00-10:00am Zumba-Emily

Saturday, Oct 20th

8:00-9:00am Cycling- Julie St.
9:00-10:00am Zumba/Toning-Emily

Sunday, Oct 21st

7:30-8:30am Group Power (S.T.T.)- Julie St.
9:00-10:00am Zumba-Emily

Saturday, Oct 27th

8:00-9:00am Cycling- *****CANCELLED*****
9:00-10:00am Zumba/Toning-Emily

Sunday, Oct 28th

7:30-8:30am Group Power (Strength Train Together)-
LAUNCH: Andrea and Diane J.
9:00-10:00am Zumba- Emily