

October Fitness Class Schedule

Studios Phone: 935-6752

Hrs: M-Wed 8am-4pm;

All Classes \$6.00 (\$4.50 w/prepaid package) unless specified

TF Fit Ctr Phone: 935-6740

Th-Sat 8am-noon

Guests may not use discounted package

	Studio #1		Studio #2	Studio #3	Eagles Nest Pool	
Starts	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:00	Hydro Challenge w/ Sue (Outdoor Pool)	Hydro Challenge w/ Janet (Outdoor Pool)	Hydro Challenge w/ Sue (Outdoor Pool)			
	Classic Aerobics w/ Helen	Stability Strong w/ Helen	Classic Aerobics w/ Helen	Stability Strong w/ Helen	Classic Aerobics w/ Helen	
	Strictly Strength w/ Sonia	Yoga & More w/ Allen	Strictly Strength w/ Sonia	Yoga & More w/ Allen	Strictly Strength w/ Sonia	
			Stillness in Motion/Tai Chi w/ Charlie			
9:00	Strength & Conditioning w/ Sonia	Zumba w/ Helen	Strength & Conditioning w/ Sonia	Hydro Challenge w/ Shirleen(Outdoor Pool)	Aqua Zumba w/ Helen	Core Combo Yoga w/ Becca
	Yoga Flow w/ Becca	Yin Yoga w/ Laine	Zumba w/ Cindy	Zumba w/ Helen Yin Yoga w/ Laine	Strength & Conditioning w/ Sonia Mobility/Pilates w/ Kathryn	Zumba w/ Cindy (!)
10:00	20/20/20 w/ Patti	Chair Yoga w/ Karen	20/20/20 w/ Patti	Chair Yoga w/ Karen	20/20/20 w/ Patti	Seated Combo w/ Becca
	Pilates/Barre w/ Becca	Pilates w/ Shirleen	Sit & Fit w/ Shirleen	Pilates w/ Shirleen	Sit & Fit w/ Shirleen	
11:00	Gentle Cardio Strength w/ Patti	Balance Plus w/ Sonia	Gentle Cardio Strength w/ Patti	Balance Plus w/ Sonia	Gentle Cardio Strength w/ Patti	
	HapKiDo (NEW) w/ Michael	Country Fitness w/Cortney	HapKiDo (NEW) w/ Michael	xxx		
12:00	HapKiDo (NEW) w/ Michael		HapKiDo (NEW) w/ Michael			
1:00	Strong Foundation (NEW) w/ Helen (6 weeks)	Zumba Chair (NEW) w/ Cindy				
	1:00 Hydro Challenge w/ Janet					
2:00		Yin & Meditation (NEW) w/ Stephanie	Slow Flow (NEW) w/ Stephanie			
2:30		Aqua Zumba (NEW) w/ Helen (EN Pool)	Aqua Zumba (NEW) w/ Barbara (EN Pool)	Aqua Zumba w/ Cindy (Outdoor Pool)	Check out the several NEW classes! And note the Aqua classes at Eagles Nest Pool!!!!	
3:00	Unwind Body & Mind w/ Laine		Yin Yoga w/ Laine			

RESERVATIONS REQUIRED: www.supersaas.com/schedule/login/PebbleCreek_Fitness/