

Monday	Class	Room	Instr.
5:15-6:15am	Muscle Madness	AR	Monica
5:15-6:15am	Cycling*	CR	Jeanie
8:00-9:00am	Stretched & Balanced	WW	Brook
8:15-9:15am	Muscle Madness*	AR	Jo Ellen
9:15-10:15am	Cardio Kickboxing	AR	Tammy
9:15-10:15am	Cycling*	CR	Deanna
9:45-10:45am	Zumba	Gym	Honey
9:30-10:30am	Splash	Pool	Calisse
10:15-11:15am	PiYo	AR	Jody Lee
11:15-12:15pm	Yoga*	CR	Cathie
11:15-12:15pm	SilverSneakers Classic*	AR	Calisse
12:30-1:30pm	Gentle Fitness	AR	Sharon
1:30-2:30pm	SilverSneakers Classic	AR	Micki
4:45-5:45pm	Zumba	AR	Amy C.
5:30-6:30pm	Cycling*	CR	Mark
6:00-6:30pm	Step It Up*	AR	Karen
6:30-7:15pm	Muscle Madness*	AR	Karen
6:30-7:30pm	Yoga	CR	Jackie

Tuesday	Class	Room	Instr.
5:15-6:15am	Cardio Core Conditioning	AR	Monica
8:30-9:30am	Yoga	WW	Melinda
8:00-9:00am	PiYo	AR	Jody Lee
8:30-9:30am	Cycling*	CR	Amy M.
9:15-10:15am	Muscle Madness*	AR	Ameys S.
<b>9:30-10:30am</b>	<b>Splash</b>	<b>Pool</b>	<b>Paula</b>
9:45-10:45am	Pilates	CR	Amy M.
10:15-11:15am	Cardio Core Conditioning	AR	Jody Lee
11:15-12:15pm	SilverSneakers Circuit*	AR	Andrea
12:30-1:15pm	SilverSneakers Cardio	AR	Andrea
5:00-6:00pm	PiYo	AR	Ameys S.
6:00-7:00pm	Step It Up	AR	Terri
7:00-8:00pm	Zumba	AR	Sonia

Wednesday	Class	Room	Instr.
5:15-6:15am	Cycling*	CR	Jeanie
5:15-6:15am	Yoga	WW	Frieda
8:30-9:30am	Deep Water Splash	Pool	Nancy
9:15-10:00am	Cardio Kickboxing	AR	Ameys S.
9:15-10:15am	Cycling*	CR	Deanna
9:30-10:30am	Zumba	Gym	Laura
9:30-10:30am	Stretched & Balanced	WW	Jody Lee
10:00-11:00am	CSI (Cardio Strength Intervals)	AR	Nancy
11:15-12:15pm	Yoga*	WW	Cathie
11:15-12:15pm	SilverSneakers Classic*	AR	Melinda
12:30-1:30pm	Gentle Fitness	AR	Sharon
5:00-6:00pm	Muscle Madness	AR	Lise
5:30-6:30pm	Cycling*	CR	DeDee
6:30-7:30pm	Yoga	WW	Jackie
6:30-7:30pm	CSI (Cardio Strength Intervals)	AR	Karen

## FREE Exercise & Sport Psychology Seminar

- \* Why do we make choices to do, or not do things?
- \* How can you play well in your sport even after making a mistake?
- \* What's holding you back from living your healthiest life?
- \* How can you change the negative, false things your mind tells you?

Join Brook Skidmore at this informational seminar to discuss these questions & more!

**Thursday, October 17th 7-8pm**

This is a FREE seminar; however, you must register at the front desk #456

\*Class Pass Required– Pick up at Front Desk no earlier than 1 hour before the start of class.

Please hold on to your pass until the instructor collects them at the start of class.

Room Legend -AR-Aerobics /CR-Cycling/ WW Wagon Wheel

Thursday	Class	Room	Instr.
5:15-6:15am	Muscle Madness	AR	Deanna
7:30-8:30am	Muscle Madness	AR	Brook
8:30-9:30am	Cycling*	CR	Amy M.
8:30-9:30am	Yoga	WW	Melinda
9:15-10:15am	Muscle Madness	AR	Jody Lee
9:30-10:30am	Splash	Pool	Paula
9:45-10:45am	Pilates	CR	Amy M.
10:15-11:15am	Step It Up	AR	Jody Lee
11:15-12:15pm	SilverSneakers Circuit*	AR	Andrea
<b>5:15-6:00pm</b>	<b>Kickboxing</b>	<b>AR</b>	<b>Amey S.</b>
6:00-7:00pm	Yoga	AR	Cathie
6:45-7:30pm	Splash	Pool	Calisse

Friday	Class	Room	Instr.
5:15-6:15am	Cycling*	CR	Jody
8:30-9:30am	Muscle Madness	AR	Carla
9:15-10:15am	Cycling*	CR	Jo Ellen
9:30-10:30am	Splash	Pool	Terri
9:30-10:30am	Zumba <b>(10/18 at 8:15-9am)</b>	Gym	Amy C.
10:00-11:00am	PiYo	AR	Amey S.
11:15-12:15pm	Yoga	AR	Cathie
12:30-1:30pm	Gentle Fitness	AR	Sharon
1:30-2:30pm	SilverSneakers Classic	AR	Micki
5:15-6:15pm	Butts & Guts Plus	AR	Karen

Saturday	Class	Room	Instr.
8:00-9:00am	CSI (Cardio Strength Intervals)	AR	Brook
8:30-9:30am	Stretched & Balanced*	WW	Deanna
9:00-10:00am	Cycling*	CR	DeDee
9:00-10:00am	Cardio Kickboxing	AR	Amey S.
9:45-10:45am	Pilates	WW	Brook
10:00-11:00am	Muscle Madness	AR	Amanda
11am-12:00pm	Step It Up	AR	Amanda

## OCTOBER AT TRAILS

- \* **Touch a Truck Day**  
Oct 12th 10-1 Spring Creek Park
- \* **Exercise & Sport Psychology**  
Oct 17th 7-8pm (must register)
- \* **Haunted Halloween Swim**  
Oct 25th 5-7pm
- \* **Halloween Party (1-8yrs)**  
Oct 26th 4-5:30 pm (must register)
- \* **20 Punch Pass Special**  
*For more information on all,  
please check the front desk*

*the Body  
achieves  
what the  
Mind  
Believes*

Changes from the previous month's  
schedule are indicated in bold/underline.

All Yoga, Pilates, PiYo,  
Stretched & Balanced classes will begin on  
time & doors locked immediately to avoid  
disruption & safety issues.

