

Group Fitness Schedule
October 2022

NORTHEAST

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(p)

Director I

2 SUN	3 MON	4 TUE	5 WED	6 THU	7 FRI	8 SAT
<p>MixedFit® 1:00 PM Regina K. Becca O. Catherine .</p> <p>Water Fit Combo 3:30 PM Amanda M.</p>	<p>Power C.S.I. 5:30 AM Tiffany B.</p> <p>Water Fit Combo 5:30 AM Kat K.</p> <p>Water Fit Combo 8:00 AM Michelle K.</p> <p>Step 9:00 AM Renee B.</p> <p>Enhance Fitness 10:30 AM Michelle K.</p> <p>Fit For Life H2O 1:00 PM Mary S.</p> <p>Group Cycling 5:30 PM Bev H.</p> <p>Pound® 5:30 PM Katie M.</p> <p>Water Fit Combo 5:30 PM Rolayne G.</p> <p>Strength Training 6:30 PM Jolene M.</p>	<p>Group Cycling 5:30 AM Chris B.</p> <p>Latin Hip Hop 9:00 AM Lyndsay F.</p> <p>Power C.S.I. 12:00 PM Casey C.</p> <p>Fit For Life H2O 1:00 PM Sheila B.</p> <p>Power C.S.I. 5:30 PM Samantha M.</p>	<p>Step 5:30 AM Vann P.</p> <p>Water Fit Combo 5:30 AM Wendy H.</p> <p>Water Fit Combo 8:00 AM Linda L.</p> <p>Cardio Blast 9:00 AM Renee B.</p> <p>Enhance Fitness 10:30 AM Cynthia N.</p> <p>Aqua Arthritis 11:45 AM Michelle K.</p> <p>Tabata 4:35 PM Jenny M.</p> <p>Group Cycling 5:30 PM Gary B.</p> <p>Yoga 5:30 PM Jen E.</p> <p>Water Fit Combo 5:30 PM Rolayne G.</p>	<p>Cycling Fusion® 5:30 AM Jared M.</p> <p>Power C.S.I. 12:00 PM Sara D.</p> <p>Fit For Life H2O 1:00 PM Sheila B.</p> <p>Pound® 4:35 PM Katie M.</p>	<p>Tabata 5:30 AM Jenny M.</p> <p>Water Fit Combo 5:30 AM Jodi C.</p> <p>Water Fit Combo 8:00 AM Rebecca C.</p> <p>Aqua Arthritis 11:45 AM Michelle K.</p> <p>Yoga 5:30 PM Heather N.</p>	<p>Tabata 9:00 AM Lyndsey B.</p>