

DROP-IN FITNESS CLASSES

October 2025

SUN	MON	TUE	WED	THU	FRI	SAT
			1	2	3	4
				9:30 - 10:30 AM Easy Adult Fitness <i>Dolores</i>		9:30 - 10:20 AM Stride & Strength <i>Cindy</i>
			12:15 - 12:45 PM Spin <i>Suzie</i>	12:15 - 12:45 PM Get Ripped <i>Josie</i>	12:15 - 12:45 PM Yoga <i>Suzie</i>	
			1:00 - 2:00 PM Light Adult Fitness Ripped & Spin <i>Suzie</i>		1:00 - 2:00 PM Light Adult Fitness Ripped & Yoga <i>Suzie</i>	
			5:30 - 6:00 PM 30 Min Spin <i>Josie</i>	5:30 - 6:20 PM Step Into Fitness <i>Cindy</i>	5:30 - 6:20 PM Strength Core & Balance <i>Cindy</i>	
5	6	7	8	9	10	11
		9:30 - 10:30 AM Easy Adult Fitness <i>Suzie</i>		9:30 - 10:30 AM Easy Adult Fitness <i>Suzie</i>		9:30 - 10:20 AM Stride & Strength <i>Cindy</i>
	12:15 - 12:45 PM Spin <i>Josie</i>	12:15 - 12:45 PM Core Workout <i>Suzie</i>	12:15 - 12:45 PM Circuit Training <i>Suzie</i>	12:15 - 12:45 PM Get Ripped <i>Suzie</i>	12:15 - 12:45 PM Yoga <i>Josie</i>	
	1:00 - 2:00 PM Light Adult Fitness Yoga <i>Kerri</i>		1:00 - 2:00 PM Light Adult Fitness Ripped & Cardio <i>Suzie</i>		1:00 - 2:00 PM Light Adult Fitness Track Interval <i>Suzie</i>	
	5:30 - 6:20 PM Stride & Strength <i>Cindy</i>	5:30 - 6:20 PM Yoga <i>Josie</i>	5:30 - 6:00 PM 30 Min Spin <i>Suzie</i>	5:30 - 6:20 PM Body Sculpt <i>Cindy</i>	5:30 - 6:20 PM Strength Core & Balance <i>Cindy</i>	
12	13	14	15	16	17	18
		9:30 - 10:30 AM Easy Adult Fitness <i>Zirkia</i>		9:30 - 10:30 AM Easy Adult Fitness <i>Zirkia</i>		9:30 - 10:20 AM Stride & Strength <i>Cindy</i>
		12:15 - 12:45 PM Pilates <i>Josie</i>	12:15 - 12:45 PM Spin <i>Suzie</i>	12:15 - 12:45 PM Get Ripped <i>Josie</i>	12:15 - 12:45 PM Yoga <i>Josie</i>	
	NO CLASSES		1:00 - 2:00 PM Light Adult Fitness Ripped & Spin <i>Suzie</i>		1:00 - 2:00 PM Light Adult Fitness Zumba <i>Zirkia</i>	
		5:30 - 6:20 PM Yoga <i>Suzie</i>	5:30 - 6:00 PM 30 Min Spin <i>Josie</i>	5:30 - 6:20 PM Kickboxing <i>Cindy</i>	5:30 - 6:20 PM Get Ripped <i>Zirkia</i>	
19	20	21	22	23	24	25
		9:30 - 10:30 AM Easy Adult Fitness <i>Zirkia</i>		9:30 - 10:30 AM Easy Adult Fitness <i>Suzie</i>		9:30 - 10:20 AM Stride & Strength <i>Cindy</i>
	12:15 - 12:45 PM Spin <i>Josie</i>	12:15 - 12:45 PM Core Workout <i>Suzie</i>	12:15 - 12:45 PM Circuit Training <i>Josie</i>	12:15 - 12:45 PM Get Ripped <i>Suzie</i>	12:15 - 12:45 PM Yoga <i>Josie</i>	
	1:00 - 2:00 PM Light Adult Fitness Gentle Yoga <i>Zirkia</i>		1:00 - 2:00 PM Light Adult Fitness Toned & Yoga <i>Zirkia</i>		1:00 - 2:00 PM Light Adult Fitness Track Interval <i>Zirkia</i>	
	5:30 - 6:20 PM Zumba <i>Zirkia</i>	5:30 - 6:20 PM Yoga <i>Josie</i>	5:30 - 6:00 PM 30 Min Spin <i>Suzie</i>	5:30 - 6:20 PM Step Into Fitness <i>Cindy</i>	5:30 - 6:20 PM Get Ripped <i>Zirkia</i>	
26	27	28	29	30	31	
		9:30 - 10:30 AM Easy Adult Fitness <i>Zirkia</i>		9:30 - 10:30 AM Easy Adult Fitness <i>Dolores</i>		
	12:15 - 12:45 PM Spin <i>Suzie</i>	12:15 - 12:45 PM Pilates <i>Josie</i>	12:15 - 12:45 PM Spin <i>Suzie</i>	12:15 - 12:45 PM Get Ripped <i>Josie</i>	12:15 - 12:45 PM Yoga <i>Suzie</i>	
	1:00 - 2:00 PM Light Adult Fitness Zumba <i>Zirkia</i>		1:00 - 2:00 PM Light Adult Fitness Ripped & Yoga <i>Zirkia</i>		1:00 - 2:00 PM Light Adult Fitness Ripped & Cardio <i>Suzie</i>	
	5:30 - 6:20 PM Get Ripped <i>Zirkia</i>	5:30 - 6:20 PM Yoga <i>Suzie</i>	5:30 - 6:00 PM 30 Min Spin <i>Josie</i>	5:30 - 6:20 PM Body Sculpt <i>Cindy</i>	5:30 - 6:20 PM Get Ripped <i>Zirkia</i>	