



OCTOBER 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1		1 PILATES 9 AM SMALL GROUP 11:45 SMALL GROUP 5:30	2 BARRE 4:30 PM SMALL GROUP CHAIR YOGA 5:30	3 PILATES 9 AM SMALL GROUP 11:45	4	5 SMALL GROUP DANCZ FIT 10 AM
6 *Unlimited access to online classes with an active monthly membership. Not all classes are recorded.	7 YOGA 4 STRENGTH 4:30 PM	8 PILATES 9 AM SMALL GROUP 11:45 SMALL GROUP 5:30	9 BARRE 4:30 PM SMALL GROUP CHAIR YOGA 5:30	10 PILATES 9 AM SMALL GROUP 11:45	11	12
13	14 YOGA 4 STRENGTH 4:30 PM	15 PILATES 9 AM SMALL GROUP 11:45 SMALL GROUP 5:30	16 BARRE 4:30 PM SMALL GROUP CHAIR YOGA 5:30 PM	17 PILATES 9 AM SMALL GROUP 11:45	18 SMALL GROUP DANCZ FIT 5:30 PM	19
20	21 YOGA 4 STRENGTH 4:30 PM	22 PILATES 9 AM SMALL GROUP 11:45 SMALL GROUP 5:30	23 BARRE 4:30 PM SMALL GROUP CHAIR YOGA 5:30 PM	24 PILATES 9 AM SMALL GROUP 11:45	25	26 SMALL GROUP DANCZ FIT 10 AM
27	28 YOGA 4 STRENGTH 4:30 PM	29 PILATES 9 AM SMALL GROUP 11:45 SMALL GROUP 5:30	30 BARRE 4:30 PM SMALL GROUP CHAIR YOGA 5:30 PM	31 PILATES 9 AM SMALL GROUP 11:45		

Drop-in's \$10 (all yellow highlighted classes) ***** Monthly Class Membership \$60 (includes all those highlighted in yellow) AUTOPAY AVAILABLE

*Small Group Training \$16 drop-in, \$12 per session when paid in full for one month

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