

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
October FITNESS CALENDAR				1 9am Gentle Yoga - Deneal 10am Gentle Yoga - Deneal 1pm Aqua Groove - Carol	2 9am Curls & Crunches - Angela 10am Functional Cardio - Angela 1:30pm Aqua Blast - Joni	3 9am Gentle Yoga - Deneal 10am Gentle Yoga - Teacher Rotation
4 	5 9am Gentle Yoga - Deneal 10am Gentle Yoga - Deneal 11am Strength - Stephanie 11:30am Balance - Stephanie 1pm Aqua Balance - Carol	6 9am Curls & Crunches - Angela 10am Boogie Lite - Angela 1:45pm Balance - Stephanie 2:15pm Bands & More - Stephanie	7 9am Gentle Yoga - Beth 10am Stretch - Stephanie 10:30am Strength - Stephanie	8 9am Gentle Yoga - Deneal 10am Gentle Yoga - Deneal 1pm Aqua Groove - Carol	9 9am Curls & Crunches - Angela 10am Functional Cardio - Angela 1:30pm Aqua Blast - Joni	10 9am Gentle Yoga - Deneal 10am Gentle Yoga - Teacher Rotation
11 	12 9am Gentle Yoga - Deneal 10am Gentle Yoga - Deneal 11am Strength - Stephanie 11:30am Balance - Stephanie 1pm Aqua Balance - Carol	13 9am Curls & Crunches - Angela 10am Boogie Lite - Angela 1:45pm Balance - Stephanie 2:15pm Bands & More - Stephanie 2:45pm Balance - Stephanie	14 9am Gentle Yoga - Beth 10am Stretch - Stephanie 10:30am Strength - Stephanie	15 9am Gentle Yoga - Deneal 10am Gentle Yoga - Deneal 1pm Aqua Groove - Carol	16 9am Curls & Crunches - Angela 10am Functional Cardio - Angela 1:30pm Aqua Blast - Joni	17 9am Gentle Yoga - Deneal 10am Gentle Yoga - Teacher Rotation
18 	19 9am Gentle Yoga - Deneal 10am Gentle Yoga - Deneal 11am Strength - Stephanie 11:30am Balance - Stephanie 1pm Aqua Balance - Carol	20 9am Curls & Crunches - Angela 10am Boogie Lite - Angela 1:45pm Balance - Stephanie 2:15pm Bands & More - Stephanie	21 9am Gentle Yoga - Beth 10am Stretch - Stephanie 10:30am Strength - Stephanie	22 9am Gentle Yoga - Deneal 10am Gentle Yoga - Deneal 1pm Aqua Groove - Carol	23 9am Curls & Crunches - Angela 10am Functional Cardio - Angela 1:30pm Aqua Blast - Joni	24 9am Gentle Yoga - Deneal 10am Gentle Yoga - Teacher Rotation
25 	26 9am Gentle Yoga - Deneal 10am Gentle Yoga - Deneal 11am Strength - Stephanie 11:30am Balance - Stephanie 1pm Aqua Balance - Carol	27 9am Curls & Crunches - Angela 10am Boogie Lite - Angela 1:45pm Balance - Stephanie 2:15pm Bands & More - Stephanie 2:45pm Balance - Stephanie	28 9am Gentle Yoga - Beth 10am Stretch - Stephanie 10:30am Strength - Stephanie	29 9am Gentle Yoga - Deneal 10am Gentle Yoga - Deneal 1pm Aqua Groove - Carol	30 9am Curls & Crunches - Angela 10am Functional Cardio - Angela 1:30pm Aqua Blast - Joni	31 9am Gentle Yoga - Deneal 10am Gentle Yoga - Teacher Rotation 