

# OCTOBER VIRTUAL CLASS SCHEDULE



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>FOR MORE INFORMATION,</b> please visit the Member Services Desk or call 856-325-5300.					1	2
3	4	<b>5 BODYPUMP™</b> SHANNI 8:30 A.M.  <b>RELAX RENEW</b> MARJIE 12 P.M.	6	<b>7 LES MILLS CORE™</b> DEBBIE A. 11:30 A.M.	<b>8 SWEAT INTERVALS</b> JOE 10:30 A.M.	9
10	<b>11 SWEAT XPRESS</b> KIERSTIN 8:30 A.M.	<b>12 BODYPUMP™</b> SHANNI 8:30 A.M.  <b>RELAX RENEW</b> MARJIE 12 P.M.	<b>13 BANDS &amp; BELLS</b> KIERSTIN 8:30 A.M.	<b>14 LES MILLS CORE™</b> DEBBIE A. 11:30 A.M.  <b>SPINAL FLOW YOPGA</b> MEL 12:45 P.M.	<b>15 TOTAL BODY BLAST</b> MARIANNE 10:30 A.M.	16
	<b>MAT PILATES</b> MEL 10:30 A.M.		<b>EASY TONE</b> MARJIE 10:15 A.M.			
17	<b>18 SWEAT XPRESS</b> KIERSTIN 8:30 A.M.	<b>19 BODYPUMP™</b> SHANNI 8:30 A.M.  <b>RELAX RENEW</b> MARJIE 12 P.M.	<b>20 BOOTY BUSTER</b> KIERSTIN 8:30 A.M.	<b>21 LES MILLS CORE™</b> DEBBIE A. 11:30 A.M.	<b>22 SWEAT INTERVALS</b> JOE 10:30 A.M.	23
	<b>MAT PILATES</b> MEL 10:30 A.M.		<b>GENTLE YOGA</b> CONNIE 10:45 A.M.			
24	<b>25 SWEAT XPRESS</b> KIERSTIN 8:30 A.M.	<b>26 BODYPUMP™</b> SHANNI 8:30 A.M.	<b>27 UPPER BODY BLAST</b> KIERSTIN 8:30 A.M.	<b>28 LES MILLS CORE™</b> DEBBIE A. 11:30 A.M.	<b>29 TOTAL BODY BLAST</b> MARIANNE 10:30 A.M.	30
<b>31 MAT PILATES</b> MEL 10:30 A.M.			<b>RELAX RENEW</b> MARJIE 12 P.M.			
			<b>FIT FOR LIFE</b> ANOUK 4:45 P.M.			