



FOR YOUTH DEVELOPMENT[®]
 FOR HEALTHY LIVING
 FOR SOCIAL RESPONSIBILITY

OCTOBER GROUP EX.

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

<ul style="list-style-type: none"> NEW CLASS! A 6pm Zumba[®] (taught by our new instructor, Shernicka) will be taught on Thursdays starting on October 7th! Color Coding Key: orange = Class is taught with live instructor, Green = Class is a pre-recorded class Class Abbreviations Key: AOA = Active Older Adults, S&B = Stretch & Balance, HIIT = High Intensity Interval Training Classes are capped at 15 and first come, first serve based on the sign-up sheet outside of the room. 				<p>6am: Core (Priscilla) 8am: AOA (Jeanette) 9am: S&B (Jeanette) *5pm: HIIT (Digital Instructor)</p> <p>1</p>	<p>9am: Yoga (Kisha) *11am: AOA (Digital Instructor)</p> <p>2</p>
<p>6am: Yoga (Priscilla) 8am: AOA (Kim) *10am: AOA (Digital Instructor) *6:30pm: Yoga (Digital Instructor)</p> <p>4</p>	<p>8am: AOA (Kim) *5pm: Core (Digital Instructor) 6pm: Zumba[®] (Kisha)</p> <p>5</p>	<p>8am: AOA (Jeanette) *10am: AOA (Digital Instructor) *5pm: HIIT (Digital Instructor) *6:30pm: Yoga (Digital Instructor)</p> <p>6</p>	<p>8am: AOA (Kim) *5pm: Core (Digital Instructor) 6pm: Zumba[®] (Shernicka)</p> <p>7</p>	<p>6am: Core (Priscilla) 8am: AOA (Jeanette) 9am: S&B (Jeanette) *5pm: HIIT (Digital Instructor)</p> <p>8</p>	<p>*9am: Yoga (Digital Instructor) *11am: AOA (Digital Instructor)</p> <p>9</p>
<p>6am: Yoga (Priscilla) 8am: AOA (Kim) *10am: AOA (Digital Instructor) *6:30pm: Yoga (Robin)</p> <p>11</p>	<p>8am: AOA (Kim) *5pm: Core (Digital Instructor) *6pm: Zumba[®] (Digital Instructor)</p> <p>12</p>	<p>8am: AOA (Jeanette) *10am: AOA (Digital Instructor) *5pm: HIIT (Digital Instructor) 6:30pm: Yoga (Robin)</p> <p>13</p>	<p>8am: AOA (Kim) *5pm: Core (Digital Instructor) 6pm: Zumba[®] (Shernicka)</p> <p>14</p>	<p>*6am: Core (Digital Instructor) 8am: AOA (Jeanette) 9am: S&B (Jeanette) *5pm: HIIT (Digital Instructor)</p> <p>15</p>	<p>9am: Yoga (Kisha) *11am: AOA (Digital Instructor)</p> <p>16</p>
<p>6am: Yoga (Priscilla) 8am: AOA (Kim) *10am: AOA (Digital Instructor) *6:30pm: Yoga (Robin)</p> <p>18</p>	<p>8am: AOA (Kim) *5pm: Core (Digital Instructor) 6pm: Zumba[®] (Kisha)</p> <p>19</p>	<p>8am: AOA (Jeanette) *10am: AOA (Digital Instructor) *5pm: HIIT (Digital Instructor) 6:30pm: Yoga (Robin)</p> <p>20</p>	<p>8am: AOA (Kim) *5pm: Core (Digital Instructor) 6pm: Zumba[®] (Shernicka)</p> <p>21</p>	<p>*6am: Core (Digital Instructor) 8am: AOA (Jeanette) 9am: S&B (Jeanette) *5pm: HIIT (Digital Instructor)</p> <p>22</p>	<p>*9am: Yoga (Kisha) *11am: AOA (Digital Instructor)</p> <p>23</p>
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