








# Group Exercise Schedule October 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
		Please bring your own mat and water bottle to classes and always scan your membership card when you arrive. We can't wait to work out with you!	View at home workouts through <a href="http://YMCA360.org">YMCA360.org</a>	Decades Renegades Bootcamp October 6th–November 10th, Thursdays at 6:30 pm. Sign up today!  	WALK TO THE MOUNTAINS! You could win a vacation just by working out at the Y! Register at the front desk today!  	7:30 AM BODYPUMP@ Stacie-BT
2	3	4	5	6	7	8
<b>BODYPUMP 122</b> Launch – 10/5 @5:30 pm. Pump it up in Pink  	5 AM Yoga 1   Cheri-AR  8 AM BODYPUMP@   Meredith-BT 9:15 AM Barre   Meredith-AR 9:30 AM Zumba Gold@   Mo-BT  5:30 PM BODYPUMP@   Stacie-BT 6:35 PM Zumba@   Kristin-BT	5 AM BODYPUMP@   Rachel-BT  8:30 AM STRONG   Meredith-BT 9:35 AM Yoga 1   Meredith-BT 9:30 AM SS Classic   Emma-AR 10:30 AM SS EnerChi   Emma-AR  6 PM POUND@   Emily D-BT	5 AM Yoga 1   Cheri-AR  8 AM BODYPUMP@   Traci-BT 9:30 AM SS CardioFit   Traci-BT  5:30 PM BODYPUMP@ 122 LAUNCH   Emily, Meredith, Rachel, Stacie, Traci-BT	5 AM BODYPUMP@   Rachel -BT  8:30 AM STRONG   Meredith-BT 9:30 AM SS Classic   Emma-AR 10:30 AM SS Yoga   Emma-AR  5:30 PM Barre   Emily D-BT	7:30 AM Barre   Meredith-AR	7:30 AM BODYPUMP@ Emily-BT 9 AM Zumba@   Kristin-BT
9	10	11	12	13	14	15
The 45th Annual Turkey Trot 5K & 1 Mile Fun Run will take place on November 12th! In person AND virtual options! Sign up TODAY!  	5 AM Yoga 1   Cheri-AR  8 AM BODYPUMP@   Meredith-BT 9:15 AM Barre   Meredith-AR 9:30 AM Zumba Gold@   Mo-BT  5:30 PM BODYPUMP@   Stacie-BT 6:35 PM Zumba@   Kristin-BT	5 AM BODYPUMP@   Rachel-BT  8:30 AM STRONG   Meredith-BT 9:35 AM Yoga 1   Meredith-BT 9:30 AM SS Classic   Emma-AR 10:30 AM SS EnerChi   Emma-AR  6 PM POUND@   Emily D-BT	5 AM Yoga 1   Cheri-AR  8 AM BODYPUMP@   Traci-BT 9:30 AM SS CardioFit   Traci-BT  5:30 PM BODYPUMP@   Stacie-BT	5 AM BODYPUMP@   Rachel -BT  8:30 AM STRONG   Meredith-BT 9:30 AM SS Classic   Emma-AR 10:30 AM SS Yoga   Emma-AR  5:30 PM Barre   Emily D-AR 6:30pm Zumba@   Kristin-AR	7:30 AM Barre   Meredith-AR	7:30 AM BODYPUMP@ Emily-BT 9 AM POUND@   Emily D-BT
16	17	18	19	20	21	22
<b>ZUMBA GLOW PARTY!</b> Friday, 10/21, 6:30–8 PM. Cost: \$10 Space is limited! Register at the front desk! A portion of the proceeds for this event benefits the Y's Annual Giving Campaign	5 AM Yoga 1   Cheri-AR  8 AM BODYPUMP@   Meredith-BT 9:15 AM Barre   Meredith-AR 9:30 AM Zumba Gold@   Mo-BT  5:30 PM BODYPUMP@   Stacie-BT 6:35 PM Zumba@   Kristin-BT	5 AM BODYPUMP@   Rachel-BT  8:30 AM STRONG   Meredith-BT 9:35 AM Yoga 1   Meredith-BT 9:30 AM SS Classic   Emma-AR 10:30 AM SS EnerChi   Emma-AR  6 PM POUND@   Emily D-BT	5 AM Yoga 1   Cheri-AR  8 AM BODYPUMP@   Traci-BT 9:30 AM SS CardioFit   Traci-BT  5:30 PM BODYPUMP@   Stacie-BT	5 AM BODYPUMP@   Rachel -BT  8:30 AM STRONG   Meredith-BT 9:30 AM SS Classic   Emma-AR 10:30 AM SS Yoga   Emma-AR  5:30 PM Barre   Emily D-BT	7:30 AM Barre   Meredith-AR 6:30–8:00 PM Zumba@ GLOW Party   Kristin-GYM	7:30 AM BODYPUMP@ Emily-BT 9 AM POUND@   Emily D-BT
23/30	24/31	25	26	27	28	29
<b>Happy Halloween!</b> Spread the fun and dress up for classes on 10/31!  	5 AM Yoga 1   Cheri-AR  8 AM BODYPUMP@   Meredith-BT 9:15 AM Barre   Meredith-AR 9:30 AM Zumba Gold@   Mo-BT  5:30 PM BODYPUMP@   Stacie-BT 6:35 PM Zumba@   Kristin-BT	5 AM BODYPUMP@   Rachel-BT  8:30 AM STRONG   Meredith-BT 9:35 AM Yoga 1   Meredith-BT 9:30 AM SS Classic   Emma-AR 10:30 AM SS EnerChi   Emma-AR  6 PM POUND@   Emily D-BT	5 AM Yoga 1   Cheri-AR  8 AM BODYPUMP@   Traci-BT 9:30 AM SS CardioFit   Traci-BT  5:30 PM BODYPUMP@   Stacie-BT	5 AM BODYPUMP@   Rachel -BT  8:30 AM STRONG   Meredith-BT 9:30 AM SS Classic   Emma-AR 10:30 AM SS Yoga   Emma-AR  5:30 PM Barre   Emily D-BT 6:30 PM Zumba@   Kristin-BT	7:30 AM Barre   Meredith-AR	7:30 AM BODYPUMP@ Emily-BT 9 AM POUND@   Emily D-BT