



FOR YOUTH DEVELOPMENT®  
 FOR HEALTHY LIVING  
 FOR SOCIAL RESPONSIBILITY

# STONEY CREEK EXPRESS YMCA

## OCTOBER GROUP EX.

**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**

**SATURDAY**

**Light Green** = Pre-Recorded | **Dark Green** = In-Person Instructor | **Light Blue** = Special Event | **Black Crossed Out** = Class Canceled

**Walking Club** meets at the front desk at 9am and Morgan will walk with participants around the Stoney Creek Neighborhood for 20-45 minutes, depending on the group.

**Class Abbreviations Key:** **AAF** = Active Adult Fitness | **S&S** = Strength & Stretch | **B & M Yoga** = Baby & Me Yoga

<b>1</b> *9am: <b>Yoga</b> (Virtual)
<b>8</b> *9am: <b>Yoga</b> (Virtual)
<b>15</b> *9am: <b>Yoga</b> (Virtual)
<b>22</b> *9am: <b>Yoga</b> (Virtual)
<b>29</b> *9am: <b>Yoga</b> (Virtual)

<b>3</b> 8am: <b>AAF</b> (Kim) 5-5:25pm: <b>Core</b> (Morgan) 5:30pm: <b>Line Dancing</b> (Bo) 6:30pm: <b>Yoga</b>	<b>4</b> 8am: <b>AAF</b> (Morgan) 6pm: <b>Zumba</b> ® (Kisha)	<b>5</b> 8am: <b>AAF</b> (Jeanette) 9am: <b>Walking Club</b> (Morgan) 5-5:25pm: <b>Core</b> (Fred) 6:30pm: <b>Yoga</b>	<b>6</b> 8am: <b>AAF</b> (Kim) 10am: <b>B&amp;M Yoga</b> (Priscilla) 6pm: <b>Line Dancing</b> (Phylathia)	<b>7</b> 8am: <b>AAF</b> (Jeanette) 9am: <b>S&amp;S</b> (Jeanette)
<b>10</b> 8am: <b>AAF</b> (Kim) 5-5:25pm: <b>Core</b> (Morgan) 5:30pm: <b>Line Dancing</b> (Bo) 6:30pm: <b>Yoga</b> (Robin)	<b>11</b> 8am: <b>AAF</b> (Morgan) 6pm: <b>Zumba</b> ® (Kisha)	<b>12</b> 8am: <b>AAF</b> (Jeanette) 9am: <b>Walking Club</b> (Morgan) 5-5:25pm: <b>Core</b> (Fred) 6:30pm: <b>Yoga</b> (Robin)	<b>13</b> 8am: <b>AAF</b> (Kim) 6pm: <b>Line Dancing</b> (Phylathia)	<b>14</b> 8am: <b>AAF</b> (Jeanette) 9am: <b>S&amp;S</b> (Jeanette)
<b>17</b> 8am: <b>AAF</b> (Kim) 5-5:25pm: <b>Core</b> (Morgan) 5:30pm: <b>Line Dancing</b> (Bo) 6:30pm: <b>Yoga</b> (Robin)	<b>18</b> 8am: <b>AAF</b> (Morgan) 6pm: <b>Zumba</b> ® (Kisha)	<b>19</b> 8am: <b>AAF</b> (Jeanette) 9am: <b>Walking Club</b> (Morgan) 5-5:25pm: <b>Core</b> (Fred) 6:30pm: <b>Yoga</b> (Robin)	<b>20</b> 8am: <b>AAF</b> (Kim) 10am: <b>B&amp;M Yoga</b> (Priscilla) 6pm: <b>Line Dancing</b> (Phylathia)	<b>21</b> 8am: <b>AAF</b> (Jeanette) 9am: <b>S&amp;S</b> (Jeanette)
<b>24</b> 8am: <b>AAF</b> (Kim) 5-5:25pm: <b>Core</b> (Morgan) 5:30pm: <b>Line Dancing</b> 6:30pm: <b>Yoga</b> (Robin)	<b>25</b> 8am: <b>AAF</b> (Morgan) 6pm: <b>Zumba</b> ® (Kisha)	<b>26</b> 8am: <b>AAF</b> (Kim) 9am: <b>Walking Club</b> (Morgan) 5-5:25pm: <b>Core</b> (Fred) 6:30pm: <b>Yoga</b> (Robin)	<b>27</b> 8am: <b>AAF</b> (Kim) 6pm: <b>Line Dancing</b> (Phylathia)	<b>28</b> 8am: <b>AAF</b> (Kim) 9am: <b>S&amp;S</b>
<b>31</b> 8am: <b>AAF</b> (Kim) 5-5:25pm: <b>Core</b> (Morgan) 5:30pm: <b>Line Dancing</b> (Bo) 6:30pm: <b>Yoga</b> (Robin)				