


























Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30A	Body Sculpt Shawn	Body Sculpt Shawn		Body Sculpt Shawn		Sat Classes are @ 10AM
		 Spin (Renfrow) Sonia		 Spin (Renfrow) Sonia		
9:00A	 aqua ZUMBA Yinet	 Advanced Water Aerobic Tonya	 Advanced Water Aerobic Tonya	 Advanced Water Aerobic Tonya	 Advanced Water Aerobic Tonya	10/5 Senior Swim Shawn
9:00A	Silver Sneakers 9:15A Shawn		Silver Sneakers 9:15A Shawn		Silver Sneakers 9:15A Shawn	
9:00A	Pilates Kimberly		Pilates Kimberly		Pilates Kimberly	
10:00A	<i>dancefitness</i> Penny		<i>dancefitness</i> Penny	*Group Orientation Courtney	<i>dancefitness</i> Penny	10/12 aqua ZUMBA Yinet
10:15A	 Water Tone Abs Tonya	 Water Tone Abs Tonya	 aqua ZUMBA Yinet	 Water Tone Abs Tonya	 Water Tone Abs Shawn	
10:15A		Silver Sneakers Shawn		Silver Sneakers Shawn		10/19  Water Tone Abs Tonya
11:15A	Senior Swim Steffi	Senior Swim Shawn	Senior Swim Debbie	Senior Swim Steffi	Senior Swim Debbie	
2:15pm	Senior Fit Shawn		Senior Fit Shawn		Senior Fit Shawn	
4:30P	 STRONG BY ZUMBA Rita	Tabata Training Tonya	Barre Kimberly	BodySculpt Shawn	BodySculpt Shawn	10/26  STRONG BY ZUMBA Rita
5:30P	 ZUMBA Yinet	Pilates Kimberly				
5:30P	 Water Aerobics Steffi	 Water Aerobics Tonya	 Spin Marlaina 5:15-6pm	 aqua ZUMBA Yinet		

5:30P		<b>*Group Orientatio n</b> 5:30-6:30 Courtney	BodySculpt Shawn 5:15-6pm			
5:30P/ 6:30P	 KidsFit Courtney	 Kids Fit Jennifer		 Kids Fit Courtney		
6:30p		 Yinet		 Rita		

**October 2019** -Trinity Health and Fitness (864)-285-0589