

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30A		 Spin Sonia		 Spin Sonia		ALL SAT CLASSES 10AM
9:AM	Tabata Water Aerobic Tonya	Water Aerobic Tonya	Tabata Water Aerobic Tonya	Water Aerobic Tonya	Resistance Water Aerobic Tonya	10/1 10am Senior Swim Shawn
9:AM	Pilates Katia	Christian YOGA Angela	Pilates Katia	Christian YOGA Angela	Pilates Katia	
10AM	Dance Fitness Penny		Dance Fitness Penny		Dance Fitness Penny	10/8 10am Water Tone Abs Tonya
10:15A	Advanced Water Aerobics Marlaina	Water Tone Abs Tonya	Advanced Water Aerobics Marlaina	Resistance Bands Tonya	Water Tone Abs Shawn	
	 Shawn 10:30AM	Senior Fit Shawn 10:15A	 Shawn 10:30AM	Senior Fit Shawn 10:15A	 Shawn 9:15A	10/15 10am Christian YOGA Angela
11:30A	Senior Swim Shawn	Senior Swim Shawn	Senior Swim Shawn	Senior Swim Shawn	Senior Swim Shawn	
2:15P	Senior Fit Shawn	Group Orientation 1PM Brian	Senior Fit Shawn		Senior Fit Shawn	10/22 10am Dance Fitness Lois
4:30P	Body Sculpt Shawn			Body Sculpt Shawn	Body Sculpt Shawn	
5:30P	Water Aerobics Shawn	Water Aerobics Tonya	 Spin Shirley 5:15 ----- Body Sculpt Shawn 5:15			10/29 Senior Swim Shawn

OCTOBER 2022 Trinity Health & Fitness 864-285-0589