

**Small Group Training Classes
October & November 2018 Sessions**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<u>Sunrise Power Yoga</u> <u>Flow w/ Weights</u> 6:00 - 6:55 am 10/8 - 10/29	<u>Group Cycle</u> 6:00 - 6:45 am 10/9 - 10/30 11/6 - 11/27	<u>Circuit Training</u> 6:15 - 7:00 am 10/10 - 10/31 11/7 - 11/28	<u>Group Cycle</u> 6:00 - 6:45 am 10/11 - 11/1 11/8 - 11/29	<u>Boot Camp</u> 6:30 - 7:25 am 10/12 - 11/9 (Indoors) 11/16 - 12/14 (Indoors)	<u>Weekend Warrior</u> 7:05 - 8:35 am 9/22 - 10/13	<u>HIIT Yoga</u> 8:15 - 9:00 am 10/7 - 10/28
<u>Group Cycle</u> 9:00 - 9:45 am 10/8 - 10/29 11/5 - 11/26	<u>HIIT Yoga</u> 9:00 - 9:55 am 10/9 - 10/30 11/6 - 11/27	<u>Group Cycle</u> 9:00 - 9:45 am 10/10 - 10/31 11/7 - 11/28	<u>Suspension & Core</u> 9:00 - 9:45 am 10/11 - 11/1 11/8 - 11/29	<u>War of the Core</u> 9:30 - 10:15 am 10/12 - 11/2 11/9 - 11/30		<u>Shred X</u> 9:00 - 9:50 am 10/7 - 10/28
<u>Suspension & Sculpt</u> 10:00 - 10:55 am 10/8 - 10/29	<u>Core Balance for Older Adults T & Th</u> 10:05 - 11:00 am 10/9 - 11/1 11/6 - 12/4	<u>Suspension & Sculpt</u> 10:00 - 10:55 am 10/10 - 10/31	<u>Core Balance for Older Adults T & Th</u> 10:05 - 11:00 am 10/9 - 11/1 11/6 - 12/4			
	<u>Step & Sculpt for Older Adults T & Th</u> 11:00 - 11:55 am 10/9 - 11/1 11/6 - 12/4		<u>Step & Sculpt for Older Adults T & Th</u> 11:00 - 11:55 am 10/9 - 11/1 11/6 - 12/4			
		<u>Cycle & Sculpt</u> 5:00 - 5:55 pm 10/10 - 10/31 11/7 - 11/28				
<u>Circuit Training</u> 6:00 - 6:55 pm 10/8 - 10/29 11/5 - 11/26		<u>Body Weight Burn</u> 6:15 - 7:00 pm 11/7 - 12/12	<u>Suspension Training</u> 6:15 - 7:00 pm 10/11 - 11/1 11/15 - 12/20			
<u>Women & Weights</u> 7:15 - 8:00 pm 10/8 - 10/29 11/5 - 11/26	<u>Cycle & Core</u> 7:15 - 8:10 pm 10/9 - 10/30 11/6 - 11/27		<u>Cycle & Core</u> 7:15 - 8:10 pm 10/11 - 11/1 11/15 - 12/20			

* Check Leisure Visions for prices and descriptions. Registration required. Some classes will be open to walk-ins.