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| **October 2018 Building 200 K131** | | | | | | |
| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|  | 1  11:40-12:25pm  Deb Curry  Optimizer Fat Eliminator | 2  8:05-9:00am  Olga Antipova  Yoga/Pilates  11:40-12:25pm  Dan Applegate  Trim & Tone | 3  8:05-9:00am  Olga Antipova  Yoga/Pilates  11:40-12:25pm  Olga Antipova  Yoga/Pilates | 4  11:40-12:25pm  Lynne Brooks  Mindful Movement | 5  8:05-9:00am  Olga Antipova  Yoga/Pilates  11:40-12:25pm  Olga Antipova  Circuit 60 | 6 |
| 7 | 8  11:40-12:25pm  Rosemary Stanton  Trim & Tone | 9  8:05-9:00am  Olga Antipova  Yoga/Pilates  Health Fair  &  11:40-12:25pm  Deb Curry  Teach Body Groove | 10  8:05-9:00am  Olga Antipova  Yoga/Pilates  11:40-12:25pm  Sanja Tepavcevic  Dynamic Yoga | 11  11:40-12:25pm  Olga Antipova  Sticks | 12  8:05-9:00am  Olga Antipova  Yoga/Pilates  11:40-12:25pm  Kevin Crosson  Trim & Tone | 13 |
| 14 | 15  11:40-12:25pm  Olga Antipova  Kickboxing | 16  8:05-9:00am  Olga Antipova  Yoga/Pilates  11:40-12:25pm  Kevin Crosson  Trim & Tone | 17  8:05-9:00am  Olga Antipova  Yoga/Pilates  11:40-12:25pm  Julie Muzzarelli  Combo | 18  11:40-12:25pm  Sanja Tepavcevic  Dynamic Yoga | 19  8:05-9:00am  Olga Antipova  Yoga/Pilates  11:40-12:25pm  Olga Antipova  Step Kickboxing | 20 |
| 21 | 22  11:40-12:25pm  Deb Curry  Trim & Tone | 23  8:05-9:00am  Olga Antipova  Yoga/Pilates  11:40-12:25pm  Julie Muzzarelli  Step Aerobics | 24  8:05-9:00am  Olga Antipova  Yoga/Pilates  11:40-12:25pm  Lynne Brooks  Mindful Movement | 25  11:40-12:25pm  Olga Antipova  Sticks | 26  8:05-9:00am  Olga Antipova  Yoga/Pilates  11:40-12:25pm  Dan Applegate  Trim & Tone | 27 |
| 28 | 29  11:40-12:25pm  Olga Antipova  Kickboxing | 30  8:05-9:00am  Olga Antipova  Yoga/Pilates  11:40-12:25pm  Rosemary Stanton  Trim & Tone | 31  8:05-9:00am  Olga Antipova  Yoga/Pilates  11:40-12:25pm  Olga Antipova  Step Kickboxing |  |  |  |

President-Rosemary Stanton, Ext. 1142; Vice-President-Ann Oliver, Ext. 6936; Secretary-Colleen Tobolic, Ext. 3663; Treasurer-Kim Pattison, Ext. 8645