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| **October 2018 Building 200 K131** |
| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|  | 111:40-12:25pmDeb CurryOptimizer Fat Eliminator | 28:05-9:00amOlga AntipovaYoga/Pilates11:40-12:25pmDan ApplegateTrim & Tone | 38:05-9:00amOlga AntipovaYoga/Pilates11:40-12:25pmOlga AntipovaYoga/Pilates | 411:40-12:25pmLynne BrooksMindful Movement | 58:05-9:00amOlga AntipovaYoga/Pilates11:40-12:25pmOlga AntipovaCircuit 60 | 6 |
| 7 | 811:40-12:25pmRosemary StantonTrim & Tone | 98:05-9:00amOlga AntipovaYoga/PilatesHealth Fair&11:40-12:25pmDeb CurryTeach Body Groove | 108:05-9:00amOlga AntipovaYoga/Pilates11:40-12:25pmSanja TepavcevicDynamic Yoga | 1111:40-12:25pmOlga AntipovaSticks  | 128:05-9:00amOlga AntipovaYoga/Pilates11:40-12:25pmKevin CrossonTrim & Tone | 13 |
| 14 | 1511:40-12:25pmOlga AntipovaKickboxing | 168:05-9:00amOlga AntipovaYoga/Pilates11:40-12:25pmKevin CrossonTrim & Tone | 178:05-9:00amOlga AntipovaYoga/Pilates11:40-12:25pmJulie MuzzarelliCombo | 1811:40-12:25pmSanja TepavcevicDynamic Yoga | 198:05-9:00amOlga AntipovaYoga/Pilates11:40-12:25pmOlga AntipovaStep Kickboxing | 20 |
| 21 | 2211:40-12:25pmDeb CurryTrim & Tone | 238:05-9:00amOlga AntipovaYoga/Pilates11:40-12:25pmJulie MuzzarelliStep Aerobics | 248:05-9:00amOlga AntipovaYoga/Pilates11:40-12:25pmLynne BrooksMindful Movement | 2511:40-12:25pmOlga AntipovaSticks | 268:05-9:00amOlga AntipovaYoga/Pilates11:40-12:25pmDan ApplegateTrim & Tone | 27 |
| 28 | 2911:40-12:25pm Olga AntipovaKickboxing | 308:05-9:00amOlga AntipovaYoga/Pilates11:40-12:25pm Rosemary StantonTrim & Tone | 318:05-9:00amOlga AntipovaYoga/Pilates11:40-12:25pmOlga AntipovaStep Kickboxing |  |  |  |

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