

# October | Group Fitness Schedule

**Monday**

**Tuesday**

**Wednesday**

**Thursday**

**Friday**

Circuit Training  
7:15 - 8:00 am  
Amelia

Upper Body  
Blast  
7:15 - 7:45 am  
Amelia

Total Body  
Stretch  
12:00 - 12:20 pm  
Amelia

Total Body  
Boost  
12:10 - 12:40 pm  
Amelia

Bootcamp  
12:10 - 12:40 pm  
Amelia

Meditative Yoga  
12:00 - 12:30 pm  
Hope

**Specialty  
Class!**