



OCTOBER

MIND AND BODY CENTER

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BODYPUMP 6 - 6:55 AM <i>Peggy</i>	BODYCOMBAT 6 - 6:55 AM <i>Mitsuko</i>	BODYPUMP 6 - 6:55 AM <i>Mitsuko</i>	BODYCOMBAT 6 - 6:55 AM <i>Elizabeth</i>	BODYPUMP w/ CXWORX 6 - 6:55 AM <i>Peggy</i>	CXWORX 8:30 - 9 AM <i>Peggy</i>	WARM YOGA 8 - 9:30 AM <i>Kari</i>
YOGA FOR ATHLETES 7 - 7:45 AM <i>Peggy</i>	NIA 8 - 8:55 AM <i>Cristin</i>	CXWORX 7-7:30 AM <i>Mitsuiko</i>	YOGA FLOW 7 - 7:55 AM <i>Gina</i>	BODYFLOW 7 - 7:45 AM <i>Peggy</i>	YOGA FOR ATHLETES 9 - 9:45 AM <i>Peggy</i>	VINYASA YOGA 10 - 11:15 AM <i>Shauna</i>
HOT YOGA FLOW 9 - 10:30 AM <i>Marisa</i>	BODYCOMBAT 9 - 9:55 AM <i>Terri</i>	HOT YOGA FLOW 9 - 10:30 AM <i>Kari</i>	BELLY DANCE WORKOUT 8:00-8:45am <i>Stuti</i>	HOT YOGA FLOW 9 - 10:30 AM	BODYPUMP 10 - 10:55 AM <i>Peggy</i>	MAT PILATES 11:30 - 12:30 PM <i>Shauna</i>
BODYPUMP 11 - 11:55 PM <i>Terri</i>	CXWORX 10 - 10:30 AM <i>Terri</i>	BODYPUMP 11 - 11:55 PM <i>Terri</i>	BODYCOMBAT 9 - 9:55 AM <i>Terri</i>	BODYPUMP 11 - 11:55 PM <i>Megan</i>	BODYFLOW 11 - 11:55 PM <i>Peggy</i>	HOT YOGA 4 - 5:30 PM <i>Melinda</i>
STRETCH & RENEW 1:30 - 2:30 PM <i>Antonio</i>	BODYFLOW 10:30 - 11:30 AM <i>Megan</i>	STRETCH & RENEW 1:30 - 2:30 PM <i>Antonio</i>	CXWORX 10 - 10:30 AM <i>Terri</i>	STRETCH & RENEW 1:30 - 2:30 PM <i>Antonio</i>	ZUMBA 12 - 1PM <i>Elizabeth</i>	
HOT YOGA 6 - 7:30 PM <i>Melinda</i>	HATHA YOGA 12 - 1:15 PM <i>Judy</i>	HATHA YOGA 4:30 - 5:30 PM <i>Judy</i>	BODYFLOW 10:30 - 11:30 AM <i>Mitsuko</i>		HOT YOGA FLOW 4 - 5:30 PM <i>Elizabeth</i>	
	YOGA FOR ATHLETES 4:45 - 5:45 PM <i>Elizabeth</i>	HOT YOGA 6 - 7:30 PM <i>Antonio</i>	HATHA YOGA 12 - 1:15 PM <i>Judy</i>	<div style="border: 1px solid black; padding: 10px; text-align: center;"> <p>Guest Policy</p> <p>Please be sure to check in any guests at CVAC Front</p> </div>		
	BODYPUMP 6 - 7 PM <i>Terri</i>		YOGA FOR ATHLETES 4:45 - 5:45 PM <i>Rosie</i>			
			BODYPUMP 6 - 7 PM <i>Natalie</i>			

FITNESS STUDIO

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
STAY FIT 9 - 9:45 AM <i>Mitsuko</i>	TAI CHI FUSION 9 - 9:45 AM <i>Kaleo</i>	STAY FIT 9 - 9:45 AM <i>Mitsuko</i>	TAI CHI FUSION 9 - 9:45 AM <i>Kaleo</i>	STAY FIT 9 - 10 AM <i>Mitsuko</i>	BARRE 10:30 11:20AM <i>Jordan</i>	
MAT PILATES 11 - 12 PM <i>Shauna</i>	BARRE 11-11:50AM <i>Jordan</i>	MAT PILATES 11 - 12 PM <i>Leah</i>	BARRE 11-11:50AM <i>Jordan</i>	MAT PILATES 11 - 12 PM <i>Shauna</i>		
ZUMBA 1:00-1:55PM <i>Freddie</i>		HIIT STRENGTH 5 :15 5:45 PM <i>Janka</i>		<div style="border: 1px solid black; padding: 10px; text-align: center;"> <p>CYCLE STUDIO NOW OPEN</p> <p>Our NEW Cycle Studio is now open! Get your blood pumping with our collection of live and virtual classes, including RPM,</p> </div>		
HIIT ST:ENGTH 5 - 5:45PM <i>Elizabeth</i>		DANCEFUSION 6 - 6:45 PM <i>Stuti</i>				
FUSION DANCE 6 - 6:45 PM <i>Elizabeth</i>						

POOL/
REFUGE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
AQUA 10 - 11 AM <i>Sabrina</i>	AQUA 10 - 11 AM <i>Sabrina</i>	AQUA 10 - 11 AM <i>Mitsuko</i>		AQUA 10 - 11 AM <i>Annie</i>	AQUA 10 - 11 AM <i>Elizabeth</i>	
		AQUA YOGA 8:30 - 9:30 AM <i>Gina (Refuge)</i>				



OCTOBER

CYCLE STUDIO

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
VIRTUAL RPM 6:00-6:45AM	VIRTUAL RPM 6:00—6:45AM	VIRTUAL RPM 6:00—6:45AM	VIRTUAL RPM 6:00-6:45AM	HIIT SPIN 7:00-7:30AM <i>Mitsuko</i>	RPM 8:00—8:45AM <i>Mitsuko</i>	RPM 9:00-9:45AM <i>Diana/Nelly</i>
SPIN&SCULPT 8:00-8:45AM <i>Mitsuko</i>	RPM 7:00-7:45AM <i>Kari</i>	SPIN & SCULPT 8:00-8:45AM <i>Mitsuko</i>	WATT SPIN 7:00-7:45AM <i>Jennifer</i>	SPIN & SCULPT 8:00—8:45AM <i>Diana</i>	INTRO 9:15—9:45AM <i>Diana</i>	POWER SPIN 10:00-10:45AM <i>Sehra</i>
VIRTUAL RPM 11:00-11:45	POWER SPIN 9:30—10:15 AM <i>Sehra</i>	VIRTUAL RPM 11:00-11:45AM	POWER SPIN 9:30-10:15AM <i>Sehra</i>	VIRTUAL RPM 12:30-1:15PM	POWER SCULPT 10:00-10:45AM <i>Diana</i>	VIRTUAL RPM 1:00-1:45PM
RPM 12:30-1:15PM <i>Terri</i>	VIRTUAL RPM 11:00-11:45AM	POWER SCULPT 12:15—1PM <i>Megan</i>	VIRTUAL RPM 11:00-11:45AM	VIRTUAL RPM 3:00-3:45PM	VIRTUAL RPM 12:00-12:45PM	VIRTUAL RPM 3:00-3:45PM
VIRTUAL RPM 4:30-5:15PM	HIIT SPIN 12:30—1:00PM <i>Diana</i>	VIRTUAL RPM 3:00-3:45PM	HIIT SPIN 12:30-1:00PM <i>Mitsuko</i>		VIRTUAL RPM 3:00-3:45PM	
HIIT SPIN 6:00-6:30PM <i>Jennifer</i>	POWER SCULPT 5:00-5:45PM <i>Janka</i>	HIIT SPIN 4:30-5:00PM <i>Janka</i>	VIRTUAL RPM 3:30-4:15PM			
VIRTUAL RPM 7:00-7:45PM	VIRTUAL RPM 7:00—7:45PM	RPM 6:00-6:45PM <i>Terri</i>	POWER SCULPT 5:00-5:45PM <i>Janka</i>			

TENNIS CLINICS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
					WOMEN'S C TEAM CLINIC 9:00 - 10:30 PM \$20 / Member <i>Alice</i>	
				ADULT DROP IN CLINIC 1:00 - 2:00 PM \$20 / Member <i>Brian</i>	LIVE BALL CLINIC 11:00 - 12:00 PM \$20 / Member <i>Brian</i>	

KIDS CLINICS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	JUNIOR TENNIS ORNG,GRN,YLW 4:00 - 6:00PM \$30 / Member <i>Nick</i>	JUNIOR TENNIS RED 4:00 - 5:30PM \$30 / Member <i>Nick</i>	JUNIOR TENNIS ORNG,GRN,YLW 4:00 - 6:00PM \$30 / Member <i>Nick</i>	PARENT & TOT THURSDAYS 10—10:40 AM \$15		

PILATES GROUP CLASSES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
INT. MIXED EQUIPMENT 10:00 - 10:50 AM \$30 / Member <i>Sauna</i>	M.E. SCULPT 9:00 - 9:50 AM \$30 / Member <i>Amanda C.</i>	CLASSIC REFORMER 10:00 - 10:50 AM \$30 / Member <i>Leah</i>	M.E. SCULPT 9:00 - 9:50 AM \$30 / Member <i>Amanda C.</i>	INT. MIXED EQUIPMENT 10:00 - 10:50 AM \$30 / Member <i>Sauna</i>	ADVANCED REFORMER 10:00 - 10:50 AM \$30 / Member <i>Paris</i>	
REFORMER SCULPT 12:00 - 12:50 PM \$30 / Member <i>Sauna</i>	CARDIO JUMPBOARD 10:00 - 10:50 AM \$30 / Member <i>Amanda C.</i>	ATHLETIC PILATES 12:00 - 12:50 PM \$30 / Member <i>Leah</i>	CLASSICAL M.E. 10:00 - 10:50 AM \$30 / Member <i>Amanda C.</i>	CARDIO JUMPBOARD 12:00 - 12:50 PM \$30 / Member <i>Sauna</i>		
		M.E. SCULPT 6:30 - 7:20 PM \$30 / Member <i>Leah</i>				