



# October 2016

## SilverSneakers Schedule



Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3 9:15 - 10 Classic w/ Judi 10:15 - 11 Yoga w/ Renee 11:15-12 Circuit w/ Renee	4 9 - 9:45 Splash w/ Judi 9-9:45 Cardio w/Renee 10 - 10:45 Classic w/ Leigh	5 9 - 9:45 Classic w/ Leigh 10:15-11 Yoga w/ Renee 11:15 - 12:00 Circuit w/ Renee	6 9 - 9:45 Splash w/ Judi 10-10:45 Cardio w/ Leigh	7 9:15 - 10 Classic w/ Judi 11 - 11:45 Splash w/ Judi	8
9	10 9:15 - 10 Classic w/ Judi 10:15 - 11 Yoga w/ Renee 11:15-12 Circuit w/ Renee	11 9-9:45 Cardio w/Renee 10 - 10:45 Classic w/ Leigh	12 9 - 9:45 Classic w/ Leigh 10:15-11 Yoga w/ Renee 11:15 - 12:00 Circuit w/ Renee	13 9 - 9:45 Splash w/ Judi 10-10:45 Cardio w/ Leigh	14 9:15 - 10 Classic w/ Judi 11 - 11:45 Splash w/ Judi	15
16	17 9:15 - 10 Classic w/ Judi 10:15 - 11 Yoga w/ Renee 11:15-12 Circuit w/ Renee	18 9 - 9:45 Splash w/ Judi 9-9:45 Cardio w/Renee 10 - 10:45 Classic w/ Leigh	19 9 - 9:45 Classic w/ Leigh 10:15-11 Yoga w/ Renee 11:15 - 12:00 Circuit w/ Renee	20 9 - 9:45 Splash w/ Judi 10-10:45 Cardio w/ Leigh	21 9:15 - 10 Classic w/ Judi 11 - 11:45 Splash w/ Judi	22
23	24 9:15 - 10 Classic w/ Judi 10:15 - 11 Yoga w/ Renee 11:15-12 Circuit w/ Renee	25 9 - 9:45 Splash w/ Judi 9-9:45 Cardio w/Renee 10 - 10:45 Classic w/ Leigh	26 9 - 9:45 Classic w/ Leigh 10:15-11 Yoga w/ Renee 11:15 - 12:00 Circuit w/ Renee	27 9 - 9:45 Splash w/ Judi 10-10:45 Cardio w/ Leigh	28 9:15 - 10 Classic w/ Judi 11 - 11:45 Splash w/ Judi	29
30	31 9:15 - 10 Classic w/ Judi 10:15 - 11 Yoga w/ Renee 11:15-12 Circuit w/ Renee					