

**** A few changes for the last 2-weeks in October's Group Exercise Classes ****

OCTOBER 2013 – Group Exercise Classes Salt River Fitness Center & Salt River High				
Monday	Tuesday	Wednesday	Thursday	Friday
21	22	23	24	25
<u>11:05a-11:50a</u> Zumba® Fitness w/Annie <u>12:05p-12:50p</u> Step & Pump w/Michelle <u>2:00p-3:00p</u> LARC Yoga Session SR High <u>3:30p-4:15p</u> Circuit Training w/Michelle <u>6:00p-7:30p</u> Zumba® Fitness Halloween Glow Party At Lehi Comm. Building <u>6:30p-7:30p</u> NO CLASS 	<u>6:15a-7:00a</u> Spinning® w/Rachel <u>9:30a-10:00a</u> YS EEP – Mousercise <u>11:05a-11:50a</u> Yoga w/Rachael <u>12:05p-12:50p</u> Total Body Conditioning w/Dion SR High <u>3:30p-4:15p</u> Hi/Lo & Abs w/Rachel <u>5:30p-6:30p</u> Spinning® w/Michelle <u>6:30p-7:20p</u> Boxing w/Nevelle <i>Bring your gloves & wraps</i>	<u>11:05a-11:50a</u> Spinning® w/Beverly <u>12:05p-12:50p</u> HIT w/Michelle (High Intensity Training) <u>2:00p-3:00p</u> LARC Yoga Session <u>5:30p-6:30p</u> Zumba® w/Rachel	<u>6:15a-7:00a</u> Spinning® w/Rachel <u>9:30a-10:00a</u> YS EEP – Mousercise <u>12:05p-12:50p</u> Zumba Fitness® w/Robin SR High <u>3:30p-4:15p</u> Cardio Mash-up w/Rachel <u>5:30p-6:15p</u> Bootcamp w/Michelle 	<u>11:05a-11:50a</u> Kettlebell w/Dion <u>12:05p-12:50p</u> Spinning® w/Michelle <u>5:30p-6:30p</u> CLASS CANCELED
28	29	30	31	
<u>11:05a-11:50a</u> Zumba® Fitness w/Annie <u>12:05p-12:50p</u> Step & Pump w/Michelle <u>2:00p-3:00p</u> LARC Yoga Session SR High <u>3:30p-4:15p</u> Circuit Training w/Michelle <u>5:30p-6:30p</u> Zumba® & Sculpt w/Rachel <u>6:30p-7:30p</u> Senior Dance Class 55+ w/Roberta J.	<u>6:15a-7:00a</u> Spinning® w/Rachel <u>9:30a-10:00a</u> YS EEP – Mousercise <u>11:05a-11:50a</u> Yoga w/Rachael <u>12:05p-12:50p</u> Total Body Conditioning w/Dion SR High <u>3:30p-4:15p</u> Basic Step w/Rachel <u>5:30p-6:30p</u> Spinning® w/Michelle- <u>6:30p-7:20p</u> Boxing w/Nevelle <i>Bring your gloves & wraps</i>	<u>11:05a-11:50a</u> Spinning® w/Beverly <u>12:05p-12:50p</u> Zumba® w/Rachel <u>2:00p-3:00p</u> LARC Yoga Session <u>5:30p-6:30p</u> HIT w/Michelle (High Intensity Training) 	<u>6:15a-7:00a</u> Spinning® w/Beverly <u>9:30a-10:00a</u> YS EEP – Mousercise <u>12:05p-12:50p</u> Zumba Fitness® w/Robin SR High <u>3:30p-4:15p</u> Abs and Glutes w/Rachel <u>5:30p-6:15p</u> Zumba® w/Rachel	

