







SPOOKTACULAR GROUP EXERCISE SCHEDULE

THURSDAY, OCTOBER 31ST

GROUP EXERCISE SCHEDULE		LAP POOL SCHEDULE	
5:30 - 6:30 am	Black Cat Bodypump -Loralee		9:00 - 10:00 am
8:30 - 9:20 am	 Bewitched Bodycombat - Amy R		Aqua: Spooky Splash Bash - Carl
9:00 - 10:00 am	Monster Mat Pilates - Werner		9:15 - 10:05 am  Arthritis: Wicked Water Witches - Kate
9:15 - 10:00 am	Haunted Heart Plus Tone - Diane		10:15 - 11:05 am
9:30 - 10:20a am	Boo Booty Barre Fusion - Janine		Ai Chi: A Devilish Pool Party - Kris
10:15 - 11:15 am	Haunted Yin Yoga - Brook		11:15 - 12:05 pm
10:30 - 11:30 am	Barbell Barbie Bodypump -Michelle		Arthritis: Let the Ghou Times Roll - Janet
11:20 - 12:05 pm	Sweets & Sweat Sit 'N' Fit - Kris		6:30 - 7:20 pm
11:30 - 12:30 pm	Restless Spirits Yin Yoga - Brook		Fibro: A frightening Halloween Eve - Lisa
4:45 - 5:45 pm	 Phantom of the Yogi's - Werner		
5:30 - 6:30 pm	Cycle: We must stop the Vegan Vampire Carol		

CODES:

- Cycle Studio
- Main Studio
- Mind/Body Studio
- Banquet Room

Just Dance Halloween
Dance Party
 Friday, October 25th at 9:30am
 Come dressed and get entered into a
 raffle to win a free massage!

CODES:

- Main Pool ●
- Warm Water Pool ●