



October

Mount Pleasant Group Fitness Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:30a - 9:30a CYCLE -Jen Buckaloo-	6:00a - 7:00a CYCLE -Janet Harritt-	8:30a - 9:30a CARDIO STRENGTH -Pam-	6:00a - 7:00a CYCLE -Janet Harritt-	8:30a - 9:30a CYCLE -Jen Buckaloo-	8:30a - 9:30a CYCLE -Jennifer Tyson-	10:00a - 11:00a YOGA -Jen Casselli-
9:00a - 10:00a FORGE -Cash-	9:00a - 10:00a RED ZONE -Taylor-	9:00a - 10:00a FORGE -Cash-	9:00a - 10:00a RED ZONE -Taylor-	9:00a - 10:00a CARDIO STRENGTH -Pam-	8:45a - 9:45a RED ZONE -Taylor-	
10:30a - 11:30a CARDIO STRENGTH -Tracey-	9:30a - 10:30a BARRE -Janet Harritt-	5:30p - 6:30p CYCLE -Jennifer Tyson-	10:30a - 11:30a DEFINITIONS -Jen Buckaloo-		9:45a - 10:45a BODYCOMBAT (beg. Oct 12)	
6:00p - 7:00p BARRE -Brook Williams-	6:00p - 7:00p WERQ -Brook Williams-	5:30p - 6:30p BODYFLOW -Natalie Harden-	5:30P-6:30P BODYCOMBAT (beg. Oct 12)	12:00p - 1:00p YOGA -Rita-		



October

Summerville Group Fitness Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:30a - 6:30a CYCLE -Rena-	5:15a - 6:15a FORGE	9:00a - 10:00a BODYPUMP -Taylor-	5:30a - 6:30a TABATA/CORE	8:30a - 9:30a CYCLE -Donna-	8:30a - 9:30a BODYPUMP -Rena-
9:00a - 10:00a BODYPUMP -Laura-	6:30a-7:30a REDZONE	11:00a - 12:00p YOGA -Korin-	6:30a-7:30a REDZONE	10:30a - 11:30a YOGA -Tanya-	
11:00a - 12:00p YOGA -Tanya-	10:30a - 11:30a ZUMBA -Kirk-	5:30p - 6:30p TABATA/CORE -Rena-	9:00a - 10:00a STEP -Laura-	5:30p - 6:30p FORGE	
6:00p - 7:00p DANCE JAM -Chris-	5:00p - 6:00p STEP -Laura-	6:00p - 7:00p CYCLE -Mark-	5:30p - 6:30p FORGE	5:30p - 6:00p TABATA (30) -Rena-	
	5:30p - 6:30p CYCLE		6:00p - 7:00p DANCE JAM -Karissa-		



October

West Ashley Group Fitness Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9:30a - 10:30a REDZONE -Lauren-	6:00a - 7:00a 3-2-1 FIT -Lauren-	8:30a - 9:30a BARRE -Roxanne-	6:00a - 7:00a CYCLE 20/20/20 -Lauren-	9:00a - 10:00a REZONE -Angie-	8:30a - 9:30a YOGA -Joe-
	9:00a - 10:00a BARRE -Roxanne-	9:30a - 10:30a 3-2-1 FIT -Tiffany-	9:00a - 10:00a YOGA -Kaitlin-		9:00a-10:00a REDZONE -Tiffany-
5:30p - 6:30p DANCE JAM -Lauren-	5:00p-6:00p BARRE -Kelly-	5:30p - 6:30p REDZONE -Tiffany-	5:00p-6:00p BARRE -Kelly-		
	5:30p-6:15p CYCLE -Tiffany-		5:00p - 5:30p CORE CUTS 30 -Lauren-		
			5:30p - 6:15p Cycle 45 -Lauren-		



October / November
Park West Group Fitness Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:00a - 9:00a BODYPUMP	8:00a - 9:00a CYCLE	8:00a - 9:00a BODYFLOW	8:00a - 9:00a CYCLE	8:00a - 9:00a BODYFLOW	8:00a - 9:00a BODYPUMP
9:30a - 10:30a BARRE	9:30a - 10:30a BODYCOMBAT	9:30a - 10:30a BODYSTEP	9:30a - 10:30a BODYPUMP	9:30a - 10:30a BODYPUMP	9:30a - 10:30a BODYSTEP
9:30a - 10:30a BODYSTEP					
5:30p - 6:30p CYCLE	5:30p - 6:30p BODYCOMBAT	5:30p - 6:30p BODYPUMP	5:30p - 6:30p WERQ		
5:30p - 6:30p BODYPUMP					