



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-		