

OCTOBER FITNESS CALENDAR



(V) = Virtual

- <https://www.twitch.tv/millkatyoga>
- <https://twitch.tv/cnhumphrey>
- <https://www.twitch.tv/annfulmer>
- <https://www.zumba.dance/class/livestream/5f242554-45f0-4f4c-ba98-20b70a010b3a> password: 381133

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday/Sunday



4

5

6

7

8

9

8:15 am Pilates - Ainsley

10:00am Yoga - Katherine

8:15 am Pilates - Ainsley

10:00am Yoga - Katherine

8:15am Zumba- Candice (V)

4:00pm Yoga - Ann (V)

5:30pm Yoga - Ann

5:30pm Yoga - Ann

8:15 am Pilates - Ainsley

4:00pm Yoga - Ann

11

12

13

14

15

16

8:15 am Pilates - Ainsley

10:00am Yoga - Katherine

8:15 am Pilates - Ainsley

10:00am Yoga - Katherine

8:15am Zumba- Candice (V)

4:00pm Yoga - Ann

5:30pm Yoga - Ann

5:30pm Yoga - Ann

8:15 am Pilates - Ainsely

4:00pm Yoga - Ann

18

19

20

21

22

23

8:15 am Pilates - Ainsley

10:00am Yoga - Katherine

8:15 am Pilates - Ainsley

10:00am Yoga - Katherine

8:15am Zumba- Candice (V)

4:00pm Yoga - Ann

5:30pm Yoga - Ann

5:30pm Yoga - Ann

8:15 am Pilates - Ainsely

4:00pm Yoga - Ann (V)

25

26

27

28

29

30

8:15 am Pilates - Ainsley

10:00am Yoga - Katherine

8:15 am Pilates - Ainsley

10:00am Yoga - Katherine

8:15am Zumba- Candice (V)

HAPPY HALLOWEEN!!

5:30pm Yoga - Ann

5:30pm Yoga - Ann

8:15 am Pilates - Ainsely

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