

The Miller Center Group Fitness Schedule: October 2019

Time	Room	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:45 AM	Cycle	Cycle Erv	Cycle Erv	RPM® Sarah (no class Oct. 9)	Cycle Erv	RPM® Tereza	
	GF		Pure Strength Sonya	Legs and Abs (Oct. 2 and 23) Ball Blast (Oct. 9 and 30) Step Interval (Oct. 16) Sonya	GRIT® Chuck	BodyPump® Jess J	
6:45 AM	GF		STRONG® (30 min) Zumba® Toning (30 min) Andy/Judi		STRONG® (30 min) Zumba® Toning (30 min) Andy/Judi		GRIT® (7:30 AM) Chuck
8:15 AM	GF	Zumba® Andy	Sport Yoga Heather	BodyPump® Tereza	Sport Yoga Heather	Pure Strength Sonya	BodyPump® Jason
9:15 AM	GF		Zumba® Toning Judi	Chiseled Janice	Zumba® Judi	BodyAttack® Kathy	Zumba®/Dance Rotation (event on Oct. 19)
	Cycle/ Court 2		SPRINT® Emily	Silver Sneakers Circuit® Heather		Silver Sneakers Circuit® Heather	RPM® Jason
	AB	Chair Yoga Dawn	Silver Sneakers Yoga® Sue			Chair Yoga Dawn	
10:15 AM	GF	Chiseled Liz	STRONG® (30 min) bootybarre® (30 min) Andy/Kathy	Zumba® (30 min) Zumba® Sentao (30 min) Judi	BodyStep® (30 min) BodyPump® (30 min) Kathy/Rebecca	GRIT® Meredith	Beginner Ballet (10:30 AM) Jess H
	AB/C	Classical Yoga Dawn		Beginner Yoga (Oct. 2, 16 and 30) Silver Sneakers Yoga® (Oct. 9 and 23) Dawn/Sue	Tai Chi Fawn	Classical Yoga Dawn	BOOM Muscle® (Room C) Paula
12:00 PM	Cycle	SPRINT® Emily					Zumba/Dance Halloween Parkinson's Fundraiser: Saturday, October 19 at 9:30 AM - 11:30 AM Court 1 \$5/person
	AB	Silver Sneakers Classic® Janice		Restorative Yoga (Oct. 2, 16, and 30) Vinyasa Yoga (Oct. 9 and 23) Dawn/Sue	Silver Sneakers Classic® Janice		
Evening Classes		GRIT® with Jess J GF at 5 PM	Warrior Ride with Jason CYCLE at 4:15 PM	STRONG 30® with Andy GF at 5 PM	Warrior Ride with Jason CYCLE at 4:15 PM	STRONG 30® with Andy GF at 5 PM	
		BodyPump® with Jess J GF at 5:30 PM	Boot Camp with Jason GF at 5 PM	GRIT® with Meredith/Jess J GF at 5:30 PM	Boot Camp with Jason GF at 5 PM	bootybarre® with Jess H GF at 5:30 PM	
		Cycle with Paula CYCLE at 5:30 PM	Zumba® (30 min) Zumba® Toning (30 min) GF at 5:30 PM with Jen	Cycle with Paula CYCLE at 5:30 PM	Cycle with Jesse CYCLE at 5 PM		
		Pilates with Jess H DE at 5:30 PM (Oct 7 and 21 only)	BodyFlow® with Tereza AB at 5:45 PM	Les Mills Rotation: GF at 6 PM Oct. 2 - BodyAttack® w/Kathy Oct. 9 - CXWORX® w/Jess J Oct. 16 - BodyCombat® w/Rebecca Oct. 23 - BodyStep® w/Jess J Oct. 30 - BodyAttack® w/Kathy	BodyPump® with Tereza GF at 5:30 PM	 THE MILLER CENTER — RECREATION AND WELLNESS —	
					Hip N' Fit with Valerie GF at 6:30 PM		