

Updated
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FITNESS CLASS SCHEDULE
October 14th - October 20th

ver.03

PRAIRIE LODGE FITNESS STUDIO

	Monday Oct 14th	Tuesday Oct 15th	Wednesday Oct 16th	Thursday Oct 17th	Friday Oct 18th	Saturday Oct 19th	Sunday Oct 20th
7:00am-7:50am							
8:00am-8:50am			FL12161 Yoga for Strength and Stability with Lorrie		FL12405 Yoga for Strength and Stability with Lorrie		
9:00am-9:50am	FL11883 Total Body Toning with Barb	FL12039 Gentle Yoga with Lorrie	FL12173  JAZZERCISE Power Sculpt Lo with Lorrie	FL12274 Total Body Toning with Barb	FL12418  JAZZERCISE Power Sculpt Lo with Lorrie		
10:00am-10:50am	FL11896 Mat Pilates with Lorrie	FL12053  JAZZERCISE Sculpt Lo with Lorrie	FL12185 Sensational Stretching with Jeanne	FL12284 Pilates Mat with Lorrie	FL12431  JAZZERCISE Take A Seat with Lorrie		
11:00am-11:50am	FL11909 Sit and Fit with Barb	FL12067 Sensational Stretching with Jeanne	FL12196 Sit and Fit with Barb	FL12294 Sensational Stretching with Jeanne	FL12444 Chair Yoga with Lorrie		
12:00pm-12:50pm	FL11921 Chair Yoga for Wellness with Pam	FL12081 Meditation with Jeanne	FL12208 Chair Tai Chi with Allison	FL12304 Chair Yoga for Wellness with Pam			
1:00pm-1:50pm	FL11934 Yoga for Wellness with Pam	FL12095 Beginner/Intermedate Ballet with Micki [to 2:20pm]		FL12314 Yoga for Wellness with Pam			
2:00pm-2:50pm	FL11947 Beginner Tai Chi with Allison				 <p>25th Anniversary 1999 - 2024 Living Your Best Life</p>		
3:00pm-3:50pm	FL11960 Inter/Adv Tai Chi with Allison						
4:00pm-4:50pm							
6:00pm-7:30pm				FL11288 Relax & Restore with Jeanne			

Special

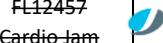
MEADOW VIEW LODGE STUDIO A and B							
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	Oct 14th	Oct 15th	Oct 16th	Oct 17th	Oct 18th	Oct 19th	Oct 20th
8:30am-9:20am	FL11973  JAZZERCISE Cardio Sculpt Lo with Lorrie	FL12025 Full Body Bootcamp with Jessica		FL12325 Balance Focus with Nancy	FL12457  JAZZERCISE Cardio Jam with Gini	FL12504  JAZZERCISE Cardio Sculpt Lo with Nola	
9:30am-10:20am	FL11986 Strong to the Core with Laura	FL12123 Rip-RX with Gini	FL12220 Cardio Dance with Laura	FL12337 Forever Fit with Nancy	FL12470 RIP-RX with Gini	FL12517 Full Body Bootcamp with Jessica	
10:30am-11:20am	FD1834 Strutters Ballet with Mary	FD1843 Strutters Jazz for Advanced with Val	FD1870 Strutters Ballet for Beg/Inter with Carol	FD1888 Strutters Tap for Advanced with Val	FD1912 Strutters Ballet with Mary	FL12359 Beginner/Intermediate Ballet with Micki	
11:30am-12:20pm	FL11864 Line Dance Fun with Nancy	FD1852 Strutters Jazz for Advanced with Val	FD1879 Strutters Jazz for Intermediate with Sandy	FD1904 Strutters Tap for Beg/Inter with Cynthia	Studio "A"		<i>Time Change</i>
				FD1896 Strutters Tap for Advanced with Val	Studio "B"		
12:30pm-1:20pm		FD1861 Strutters "No Show" Jazz with Val		FL12347 Qigong for Wellness with Allyn	Studio "A"		
1:30pm-2:20pm			FS2228 Drums Alive - Streaming Studio A				
2:00pm-2:50pm	Table Tennis Studio B From 1:00pm		Table Tennis Studio B From 1:00pm				
3:30pm-4:20pm					Table Tennis Studio B		
4:30pm-5:20pm		FL12137  JAZZERCISE Cardio Sculpt Lo with Nola	FL12232 Core and More with Nancy	FL12371  JAZZERCISE Cardio Sculpt Lo with Lorrie			
5:30pm-6:20pm							

Table Tennis - Studio B

Table Tennis - Studio B

Time Change

MEADOW VIEW LODGE STUDIO "B"							
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	Oct 14th	Oct 15th	Oct 16th	Oct 17th	Oct 18th	Oct 19th	Oct 20th
4:30pm-5:20pm	Cycling Classes Returning The Week of Nov. 4th						

FOUNTAIN VIEW PAVILION							
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	Oct 14th	Oct 15th	Oct 16th	Oct 17th	Oct 18th	Oct 19th	Oct 20th
7:00am-7:50am	No Classes Currently Programmed for This Venue						

PRAIRIE LODGE INDOOR POOL							
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	Oct 14th	Oct 15th	Oct 16th	Oct 17th	Oct 18th	Oct 19th	Oct 20th
8:00am-8:50am	FL11999 Aqua Blast with Barb			FL12382 Aqua Intervals with Barb			
9:00am-9:50am	FL12011 Hydropower with Gini		FL12251 Hydropower with Gini		FL12482 Aqua Blast with Barb		
10:00am-10:50am		<i>New</i>	FL11867 Pool Yoga Fall Series with Cathleen			Stingrays SCCAH Swim Club	Water Volleyball All Welcome
11:00am-11:50am			FL12147 Aqua Fusion with Lorrie	FL12263 Aqua Fit with Lorrie	FL12393 Aqua Fusion with Lorrie	FL12493 Splashin with the Oldies with Jen	
12:00pm-12:50pm							
2:00pm-4:00pm							
5:00pm-5:50pm							
6:30pm-8:30pm	Water Volleyball All Welcome	Gentle Water Volleyball {No Spiking}	Water Volleyball All Welcome		Water Volleyball All Welcome		

MEADOW VIEW LODGE OUTDOOR POOL							
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	Oct 14th	Oct 15th	Oct 16th	Oct 17th	Oct 18th	Oct 19th	Oct 20th
8:45am-9:35am							
9:00am-9:50am							
9:30am-10:20am							
9:45am-10:35am							

Closed for the Season

REGISTRATION POLICY

SCCAH maintains a No Refund policy, except where the class is canceled by the instructor or Association
 Sign Up Early As Some Classes Have Restriction on Numbers
 Day of Class Registration Will Incur a \$2 Additional Cost

REGISTERING IN PERSON

When registering for an event in person at either the Prairie Lodge or Meadow View Lodge Fitness Desk, or Members Service Desk please complete an Event Registration form.
 These forms are available at all Fitness and Member Service Desks.

UPCOMING SPECIAL EVENTS

Wed.	Oct 23rd	2:00pm	FSE599	Group Equipment Orientation	MVL Fitness Center	Free	
Tue.	Oct 29th	10:00am	FSE583	Halloween Hustle	PL Fitness Center	\$3	
Tue.	Nov 12th	11:00am	FSE493	Fitness Talk with Kathy	MVL Oak & Elm Rooms	Free	
Tue.	Nov 12th	1:00pm	FSE597	Group Equipment Orientation	MVL Fitness Center	Free	
Wed.	Nov 13th	12:00pm	FSE594	Group Equipment Orientation	PL Fitness Center	Free	
Sat.	Nov 16th	10:00am	FSE603	Holiday Calm: How to Achieve It	PL Fitness Studio	\$15	
Tue.	Nov 19th	11:00am	FSE487	Fitness Center Orientation	MVL Oak & Elm Rooms	Free	