

Updated  
ver 3



## FITNESS CLASS SCHEDULE

### October 14th - October 20th

ver.03

| PRAIRIE LODGE FITNESS STUDIO |   |  |  |   |   |                      |                    |
|------------------------------|---|--|--|---|---|----------------------|--------------------|
|                              | Monday<br>Oct 14th                          | Tuesday<br>Oct 15th  | Wednesday<br>Oct 16th  | Thursday<br>Oct 17th                          | Friday<br>Oct 18th  | Saturday<br>Oct 19th | Sunday<br>Oct 20th |
| 7:00am-7:50am                |   |  |  |   |   |                      |                    |
| 8:00am-8:50am                |   |  | FL12161<br>Yoga for Strength and Stability with Lorrie   |   | FL12405<br>Yoga for Strength and Stability with Lorrie  |                      |                    |
| 9:00am-9:50am                | FL11883<br>Total Body Toning with Barb      | FL12039<br>Gentle Yoga with Lorrie   | FL12173<br> Power Sculpt Lo with Lorrie | FL12274<br>Total Body Toning with Barb        | FL12418<br> Power Sculpt Lo with Lorrie |                      |                    |
| 10:00am-10:50am              | FL11896<br>Mat Pilates with Lorrie          | FL12053<br> Sculpt Lo with Lorrie | FL12185<br>Sensational Stretching with Jeanne  | FL12284<br>Pilates Mat with Lorrie            | FL12431<br> Take A Seat with Lorrie     |                      |                    |
| 11:00am-11:50am              | FL11909<br>Sit and Fit with Barb            | FL12067<br>Sensational Stretching with Jeanne  | FL12196<br>Sit and Fit with Barb   | FL12294<br>Sensational Stretching with Jeanne | FL12444<br>Chair Yoga with Lorrie   |                      |                    |
| 12:00pm-12:50pm              | FL11921<br>Chair Yoga for Wellness with Pam | FL12081<br>Meditation with Jeanne  | FL12208<br>Chair Tai Chi with Allison  | FL12304<br>Chair Yoga for Wellness with Pam   |   |                      |                    |
| 1:00pm-1:50pm                | FL11934<br>Yoga for Wellness with Pam       | FL12095<br>Beginner/Intermediate Ballet with Micki [to 2:20pm]   |  | FL12314<br>Yoga for Wellness with Pam         |   |                      |                    |
| 2:00pm-2:50pm                | FL11947<br>Beginner Tai Chi with Allison    |  |  |   |                                       |                      |                    |
| 3:00pm-3:50pm                | FL11960<br>Inter/Adv Tai Chi with Allison   |  |  |   |   |                      |                    |
| 4:00pm-4:50pm                |   |  |  |   |   |                      |                    |
| 6:00pm-7:30pm                |   |  |  | FL11288<br>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<br> Cardio Sculpt Lo with Lorrie | FL12025<br>Full Body Bootcamp with Jessica |                                    | FL12325<br>Balance Focus with Nancy | <del>FL12457</del><br>Cardio Jam with Gini |  Cardio Sculpt Lo with Nola |  |
| 9:30am-10:20am                   | FL11986<br>Strong to the Core with Laura  | <del>FL12123</del><br>RIP-RX with Gini     | FL12220<br>Cardio Dance with Laura | FL12337<br>Forever Fit with Nancy   | <del>FL12470</del><br>RIP-RX with Gini     | FL12517<br>Full Body Bootcamp with Jessica   | Time Change<br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><b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| MEADOW VIEW LODGE STUDIO "B" |   |                     |                       |                      |                    |                      |                    |
|------------------------------|---|---------------------|-----------------------|----------------------|--------------------|----------------------|--------------------|
|                              | Monday<br>Oct 14th                                    | Tuesday<br>Oct 15th | Wednesday<br>Oct 16th | Thursday<br>Oct 17th | Friday<br>Oct 18th | Saturday<br>Oct 19th | Sunday<br>Oct 20th |
| 4:30pm-<br>5:20pm            | <b>Cycling Classes Returning The Week of Nov. 4th</b> |                     |                       |                      |                    |                      |                    |

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

| PRAIRIE LODGE INDOOR POOL |                                    |  |   |  |  |  |                    |
|---------------------------|------------------------------------|--|---|--|--|--|--------------------|
|                           | Monday<br>Oct 14th                 | Tuesday<br>Oct 15th                        | Wednesday<br>Oct 16th                                       | Thursday<br>Oct 17th                   | Friday<br>Oct 18th                                 | Saturday<br>Oct 19th   | Sunday<br>Oct 20th |
| 8:00am-<br>8:50am         | FL11999<br>Aqua Blast<br>with Barb |  |   | FL12382<br>Aqua Intervals<br>with Barb |  |  |                    |
| 9:00am-<br>9:50am         | FL12011<br>Hydropower<br>with Gini |  | FL12251<br>Hydropower<br>with Gini                          |  | FL12482<br>Aqua Blast<br>with Barb                 |  |                    |
| 10:00am-<br>10:50am       |                                    |  | New<br>FL11867<br>Pool Yoga Fall<br>Series<br>with Cathleen |  |  | Stingrays<br>SCCAH<br>Swim Club  | Water Volleyball   |
| 11:00am-<br>11:50am       |                                    | FL12147<br>Aqua Fusion<br>with Lorrie      | FL12263<br>Aqua Fit<br>with Lorrie                          | FL12393<br>Aqua Fusion<br>with Lorrie  | FL12493<br>Splashin with the<br>Oldies<br>with Jen | FL12530<br>Aqua-Fit Indoors<br>with Lorrie   | All<br>Welcome     |
| 12:00pm-<br>12:50pm       |                                    |  |   |  |  |  |                    |
| 2:00pm-<br>4:00pm         |                                    |  |   |  |  |  |                    |
| 5:00pm-<br>5:50pm         |                                    |  |   |  |  |  |                    |
| 6:30pm-<br>8:30pm         | Water Volleyball<br>All Welcome    | Gentle Water<br>Volleyball<br>{No Spiking} | Water Volleyball<br>All Welcome                             |  | Water Volleyball<br>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

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|---|
| <p>SCCAH maintains a No Refund policy, except where the class is canceled by the instructor or Association</p> <p>Sign Up Early As Some Classes Have Restriction on Numbers</p> <p>Day of Class Registration Will Incur a \$2 Additional Cost</p> |
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#### REGISTERING IN PERSON

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| <p>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.</p> <p>These forms are available at all Fitness and Member Service Desks.</p> |
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#### 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 |