












Updated  
ver 2.

## FITNESS CLASS SCHEDULE October 21st - October 27th


ver.02

PRAIRIE LODGE FITNESS STUDIO							
	Monday Oct 21st	Tuesday Oct 22nd	Wednesday Oct 23rd	Thursday Oct 24th	Friday Oct 25th	Saturday Oct 26th	Sunday Oct 27th
7:00am-7:50am				CONSUMER SHOWCASE			
8:00am-8:50am			FL12162 Yoga for Strength and Stability with Lorrie		FL12406 Yoga for Strength and Stability with Lorrie		
9:00am-9:50am	FL11884 Total Body Toning with Barb	FL12040 Gentle Yoga with Lorrie	FL12174  Power Sculpt Lo with Lorrie		FL12419  Power Sculpt Lo with Lorrie	FL11875 Open You Heart Rieki Yin Yoga with Jeanne	
10:00am-10:50am	FL11897 Mat Pilates with Lorrie	FL12054  Sculpt Lo with Lorrie	FL12186 Sensational Stretching with Jeanne		FL12432  Take A Seat with Lorrie		
11:00am-11:50am	FL11910 Sit and Fit with Barb	FL12068 Sensational Stretching with Jeanne	FL12197 Sit and Fit with Barb		FL12445 Chair Yoga with Lorrie		
12:00pm-12:50pm	FL11922 Chair Yoga for Wellness with Pam	FL12082 Meditation with Jeanne	FL12209 Chair Tai Chi with Allison				
1:00pm-1:50pm	FL11935 Yoga for Wellness with Pam	FL12096 Beginner/Intermediate Ballet with Micki [to 2:20pm]					
2:00pm-2:50pm	FL11948 Beginner Tai Chi with Allison						
3:00pm-3:50pm	FL11961 Inter/Adv Tai Chi with Allison						
4:00pm-4:50pm							
6:00pm-7:30pm							

MEADOW VIEW LODGE STUDIO A and B								
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
	Oct 21st	Oct 22nd	Oct 23rd	Oct 24th	Oct 25th	Oct 26th	Oct 27th	
8:30am-9:20am	FL11974  Cardio Sculpt Lo with Lorrie	FL12026 Full Body Bootcamp with Jessica <b>Special</b>		FL12326 Balance Focus with Nancy	FL12457 Cardio Jam with Gini <b>Special</b>	FL12505  Cardio Sculpt Lo with Nola		
9:30am-10:20am	FL11987 Strong to the Core with Laura	FL12555 Forever Fit Fall Special with Nancy	FL12221 Cardio Dance with Laura	FL12338 Forever Fit with Nancy	FL12557 Steppin It Up Fall Special with Nancy	FL12518 Full Body Bootcamp with Jessica	Table Tennis - Studio B	
10:30am-11:20am	FD1835 Strutters Ballet with Mary	FD1844 Strutters Jazz for Advanced with Val	FD1871 Strutters Ballet for Beg/Inter with Carol	FD1889 Strutters Tap for Advanced with Val	FD1913 Strutters Ballet with Mary	FL12360 Beginner/Intermediate Ballet with Micki		
11:30am-12:20pm		FD1853 Strutters Jazz for Advanced with Val	FD1880 Strutters Jazz for Intermediate with Sandy	FD1905 Strutters Tap for Beg/Inter with Cynthia	Studio "A" 	Table Tennis - Studio B		
				FD1897 Strutters Tap for Advanced with Val	Studio "B" 			
12:30pm-1:20pm		FD1862 Strutters "No Show" Jazz with Val		FL12348 Qigong for Wellness with Allyn	Studio "A" 			
1:30pm-2:20pm			FS2229 Drums Alive - Streaming Studio A		Table Tennis Studio B			
2:00pm-2:50pm	Table Tennis Studio B From 1:00pm		Table Tennis Studio B From 1:00pm					
3:30pm-4:20pm								
4:30pm-5:20pm		FL12138  Cardio Sculpt Lo with Nola	FL12233 Core and More with Nancy	FL12372  Cardio Sculpt Lo with Lorrie				
5:30pm-6:20pm								

MEADOW VIEW LODGE STUDIO "B"							
	Monday Oct 21st	Tuesday Oct 22nd	Wednesday Oct 23rd	Thursday Oct 24th	Friday Oct 25th	Saturday Oct 26th	Sunday Oct 27th
4:30pm- 5:20pm	<b>Cycling Classes Returning The Week of Nov. 4th</b>						

FOUNTAIN VIEW PAVILION							
	Monday Oct 21st	Tuesday Oct 22nd	Wednesday Oct 23rd	Thursday Oct 24th	Friday Oct 25th	Saturday Oct 26th	Sunday Oct 27th
7:00am- 7:50am	<b>No Classes Currently Programmed for This Venue</b>						

PRAIRIE LODGE INDOOR POOL							
	Monday Oct 21st	Tuesday Oct 22nd	Wednesday Oct 23rd	Thursday Oct 24th	Friday Oct 25th	Saturday Oct 26th	Sunday Oct 27th
8:00am- 8:50am	FL12000 Aqua Blast with Barb			FL12383 Aqua Intervals wih Barb			
9:00am- 9:50am	FL12012 Hydropower with Gini		FL12251 Hydropower with Gini		FL12483 Aqua Blast with Barb		
10:00am- 10:50am			<b>New</b> FL11868 Pool Yoga Fall Series with Cathleen			Stingrays SCCAH Swim Club	Water Volleyball  All Welcome
11:00am- 11:50am		FL12148 Aqua Fusion with Lorrie	FL12264 Aqua Fit with Kathy	FL12394 Aqua Fusion with Lorrie	FL12494 Splashin with the Oldies with Jen	FL12531 Aqua Fit Indoors with Kathy	
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 21st	Oct 22nd	Oct 23rd	Oct 24th	Oct 25th	Oct 26th	Oct 27th
8:45am-9:35am							
9:00am-9:50am							
9:30am-10:20am							
9:45am-10:35am							

Closed for the Season

#### REGISTRATION POLICY

<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

<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