








NEW

FITNESS CLASS SCHEDULE

October 28th - November 3rd

ver.01

PRAIRIE LODGE FITNESS STUDIO							
	Monday Oct 28th	Tuesday Oct 29th	Wednesday Oct 30th	Thursday Oct 31st	Friday Nov 1st	Saturday Nov 2nd	Sunday Nov 3rd
7:00am-7:50am							
8:00am-8:50am			FL12163 Yoga for Strength and Stability with Lorrie		FL12407 Yoga for Strength and Stability with Lorrie		
9:00am-9:50am	FL11885 Total Body Toning with Barb	FL12041 Gentle Yoga with Lorrie	FL12175  Power Sculpt Lo with Lorrie	FL12275 Total Body Toning with Barb	FL12420  Power Sculpt Lo with Lorrie	Special	FL11879 Weekend Warrior with Cathleen
10:00am-10:50am	FL11905 Standing Pilates with Lorrie	FL12055  Sculpt Lo with Lorrie	FL12187 Sensational Stretching with Jeanne	FL12285 Pilates Mat with Lorrie	FL12433  Take A Seat with Lorrie		
11:00am-11:50am	FL11911 Sit and Fit with Barb	FL12069 Sensational Stretching with Jeanne	FL12198 Sit and Fit with Barb	FL12295 Sensational Stretching with Jeanne	FL12446 Chair Yoga with Lorrie		
12:00pm-12:50pm	FL11923 Chair Yoga for Wellness with Pam	FL12083 Meditation with Jeanne	FL12210 Chair Tai Chi with Allison	FL12305 Chair Yoga for Wellness with Pam			
1:00pm-1:50pm	FL11936 Yoga for Wellness with Pam	FL12097 Beginner/Intermediate Ballet with Micki [to 2:20pm]		FL12315 Yoga for Wellness with Pam			
2:00pm-2:50pm	FL11949 Beginner Tai Chi with Allison						
3:00pm-3:50pm	FL11962 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 28th	Oct 29th	Oct 30th	Oct 31st	Nov 1st	Nov 2nd	Nov 3rd
8:30am-9:20am	FL11975  Cardio Sculpt Lo with Lorrie	FL12027 Full Body Bootcamp with Jessica		FL12327 Balance Focus with Nancy	FL12459 Cardio Jam with Gini	FL12506  Cardio Sculpt Lo with Nola	
9:30am-10:20am	FL11988 Strong to the Core with Laura	FL12556 Forever Fit Fall Special with Nancy	FL12222 Cardio Dance with Laura	FL12339 Forever Fit with Nancy	FL12558 Steppin It Up Fall Special with Nancy	FL12519 Full Body Bootcamp with Jessica	Table Tennis - Studio B
10:30am-11:20am	FD1836 Strutters Ballet with Mary	FD1845 Strutters Jazz for Advanced with Val	FD1872 Strutters Ballet for Beg/Inter with Carol	FD1890 Strutters Tap for Advanced with Val	FD1914 Strutters Ballet with Mary	FL12361 Beginner/Intermediate Ballet with Micki	
11:30am-12:20pm		FD1854 Strutters Jazz for Advanced with Val	FD1881 Strutters Jazz for Intermediate with Sandy	FD1906 Strutters Tap for Beg/Inter with Cynthia	Studio "A" 	Table Tennis - Studio B	
				FD1898 Strutters Tap for Advanced with Val	Studio "B" 		
12:30pm-1:20pm		FD1863 Strutters "No Show" Jazz with Val		FL12349 Qigong for Wellness with Allyn	Studio "A" 		
1:30pm-2:20pm			FS230 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		FL12139  Cardio Sculpt Lo with Nola	FL12234 Core and More with Nancy	FL12373  Cardio Sculpt Lo with Lorrie			
5:30pm-6:20pm							

MEADOW VIEW LODGE STUDIO "B"							
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	Oct 28th	Oct 29th	Oct 30th	Oct 31st	Nov 1st	Nov 2nd	Nov 3rd
4:30pm-5:20pm	Cycling Classes Returning The Week of Nov. 4th						

FOUNTAIN VIEW PAVILION							
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	Oct 28th	Oct 29th	Oct 30th	Oct 31st	Nov 1st	Nov 2nd	Nov 3rd
7:00am-7:50am	No Classes Currently Programmed for This Venue						

PRAIRIE LODGE INDOOR POOL							
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	Oct 28th	Oct 29th	Oct 30th	Oct 31st	Nov 1st	Nov 2nd	Nov 3rd
8:00am-8:50am	FL12001 Aqua Blast with Barb			FL12384 Aqua Intervals with Barb			
9:00am-9:50am	FL12013 Hydropower with Gini		FL12253 Hydropower with Gini		FL12484 Aqua Blast with Barb		
10:00am-10:50am			FL11869 Pool Yoga Fall Series with Cathleen			Stingrays SCCAH Swim Club	Water Volleyball All Welcome
11:00am-11:50am		FL12149 Aqua Fusion with Lorrie	FL12265 Aqua Fit with Kathy	FL12395 Aqua Fusion with Lorrie	FL12495 Splashin with the Oldies with Jen	FL12572 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 28th	Oct 29th	Oct 30th	Oct 31st	Nov 1st	Nov 2nd	Nov 3rd
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>

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>

UPCOMING SPECIAL EVENTS

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	10:00am	FSE591	New Week New Intentions	PL Hickory Room	\$6	
Tue.	Nov 19th	11:00am	FSE487	Fitness Center Orientation	MVL Oak & Elm Rooms	Free	

