

FITNESS CLASS SCHEDULE

October 2022

MONDAYS

Update: #05

Prairie Lodge

Total Body Toning (with Barb)	9:00am-9:50am	PL Fitness Studio
Total Body Toning VIRTUAL (with Barb)	9:00am-9:50am	PL Fitness Studio
Sit and Fit (with Barb)	11:00am-11:50am	PL Fitness Studio
Chair Yoga (with Pam)	12:00pm-12:50pm	PL Fitness Studio
Light Yoga (with Pam)	1:00pm-1:50pm	PL Fitness Studio
Beginner Tai Chi (with Allison)	2:00pm-2:50pm	PL Fitness Studio
Restorative Yoga (with Lorrie)	4:00pm-4:50pm	PL Fitness Studio

Meadow View Lodge

Pilates Mat (with Lorrie)	8:30am-9:20am	MVL Studio A&B
Standing Pilates (with Lorrie)	8:30am-9:20am	MVL Studio A&B
Strong to the Core (with Laura)	9:30am-10:20am	MVL Studio A&B
Strutters Ballet (with Mary)	10:30am-11:20am	MVL Studio A&B
Line Dance Novice: Pre-Beginner (with Nancy)	11:30am-12:20pm	MVL Studio A&B
Line Dance Beginner (with Nancy)	12:30pm-1:20pm	MVL Studio A
Balance Focus II (with Nancy)	1:30pm-2:20pm	MVL Studio A
Indoor Cycling (with Nancy)	4:30pm-5:20pm	MVL Studio B

Water Classes

Aqua Blast (with Barb)	8:00am-8:50am	PL Indoor Pool
Hydropower (with Gini)	9:00am-9:50am	PL Indoor Pool

TUESDAYS

Prairie Lodge

Athletic Yoga (with Kathy)	7:00am-7:50am	PL Fitness Studio
Gentle Yoga (with Lorrie)	9:00am-9:50am	PL Fitness Studio
Yoga for Balance (with Jeanne)	10:00am-10:50am	PL Fitness Studio
Sensational Stretching (with Jeanne)	11:00am-11:50am	PL Fitness Studio

Meadow View Lodge

Cardio Jam (with Gini)	8:30am-9:20am	MVL Studio A&B
RIP RX (with Gini)	9:30am-10:20am	MVL Studio A&B
Strutters Jazz Group A (with Val)	10:30am-11:20am	MVL Studio A&B
Strutters Jazz Group B (with Val)	11:30am-12:20pm	MVL Studio A&B
Golf Fitness (with Kelly)	1:30pm-2:20pm	MVL Studio A
Jazzercise Lo (with Lorrie)	5:30pm-6:20pm	MVL Studio A&B

Water Classes

Splashin' with the Oldies (with Jen)	9:00am-9:50am	PL Indoor Pool
Splashin' with the Oldies (with Jen)	11:00am-11:50am	PL Indoor Pool

WEDNESDAYS

Prairie Lodge

Morning Flow Yoga (with Lorrie)	8:00am-8:50am	PL Fitness Studio
Jazzercise Fusion (with Lorrie)	9:00am-9:50am	PL Fitness Studio
Sensational Stretching (with Jeanne)	10:00am-10:50am	PL Fitness Studio
Sit and Fit (with Barb)	11:0am-11:50am	PL Fitness Studio
Advanced Tai Chi (with Allison)	1:00pm-1:50pm	PL Fitness Studio
Chair Tai Chi (with Allison)	2:00pm-2:50pm	PL Fitness Studio

Meadow View Lodge

Indoor Cycling (with Kathy)	7:00am-7:50am	MVL Studio B
Cardio Dance (with Laura)	9:30am-10:20am	MVL Studio A&B
Strutters Ballet for Beg/Inter (with Carol)	10:30am-11:20am	MVL Studio A&B
Strutters Jazz for Beg/Inter (with Sandy)	11:30am-12:20pm	MVL Studio A&B

3-Oct	10-Oct	17-Oct	24-Oct	31-Oct
FL6220	FL6222	FL6104	FL6157	FL6209
FL6224	FL6226			
FL6049	FL6052	FL6105	FL6158	FL6210
FL6005	FL6053		FL6159	
FL6006	FL6054		FL6160	
FL6007	FL6055	FL6106	FL6161	FL6211
FL6008	FL6056	FL6107	FL6162	

FL6009	FL6057	FL6108	FL6163	
				FL6212
FL6010	FL6058	FL6109	FL6164	FL6213
FD1137	FD1146	FD1155	FD1164	FD1173
	FL6059	FL6110	FL6165	FL6214
	FL6060	FL6111	FL6166	FL6215
	FL6061	FL6112	FL6167	FL6216
	FL6062	FL6113	FL6168	FL6217

		FL6114	FL6169	FL6218
FL6011	FL6063	FL6115	FL6170	FL6219

4-Oct	11-Oct	18-Oct	25-Oct
FL6012	FL6064	FL6116	FL6171
FL6013	FL6065	FL6117	FL6172
FL6014	FL6066	FL6118	FL6173
FL6015	FL6067	FL6119	FL6174

FL6016	FL6068	FL6120	FL6175
FL6017	FL6069	FL6121	FL6176
FD1138	FD1147	FD1156	FD1165
FD1139	FD1148	FD1157	FD1166
FL6018		FL6122	
FL6019	FL6070	FL6123	FL6177

FL6020	FL6071	FL6124	FL6178
FL6021	FL6072	FL6125	FL6179

5-Oct	12-Oct	19-Oct	26-Oct
FL6022	FL6073	FL6126	FL6180
FL6023	FL6074	FL6127	FL6181
FL6024	FL6075	FL6128	FL6182
FL6050	FL6076	FL6129	FL6183
FL6025	FL6077	FL6130	FL6184
FL6026	FL6078	FL6131	FL6185

FL6027	FL6079	FL6132	FL6186
FL6028	FL6080	FL6133	FL6187
FD1140	FD1149	FD1158	FD1167
FD1141	FD1150	FD1159	FD1168

Core and More (with Nancy)
Steppin It Up (with Nancy)

4:30pm-5:20pm MVL Studio A
5:30pm-6:20pm MVL Studio A

	FL6081	FL6134	FL6188
	FL6082	FL6135	FL6189

Water Classes

Hydropower (with Gini)
Aqua Fit (with Kathy P.)
Aqua Lite (with Kathy P.)

9:00am-9:0am PL Indoor Pool
11:00am-11:50am PL Indoor Pool
12:00pm-12:50pm PL Indoor Pool

FL6029	FL6083	FL6136	FL6190
FL6030	FL6084	FL6137	FL6191
FL6031	FL6085	FL6138	FL6192

THURSDAYS

Prairie Lodge

Bodyweight Bootcamp (with Kathy)
Total Body Toning (with Barb)
Total Body Toning VIRTUAL (with Barb)
Sensational Stretching (with Jeanne)
Chair Yoga (with Pam)
Light Yoga (with Pam)
Beginner Tai Chi (with Allyn)

7:00am-7:50am PL Fitness Studio
9:00am-9:50am PL Fitness Studio
9:00am-9:50am PL Fitness Studio
11:00am-11:50am PL Fitness Studio
12:00pm-12:50pm PL Fitness Studio
1:00pm-1:50pm PL Fitness Studio
2:00pm-2:50pm PL Fitness Studio

6-Oct	13-Oct	20-Oct	27-Oct
FL6032	FL6086	FL6139	FL6193
FL6221	FL6223	FL6140	Consumer Showcase
FL6225	FL6227		
FL6033	FL6087	FL6141	
FL6034	FL6088		
FL6035	FL6089		
FL6036	FL6090	FL6142	

Meadow View Lodge

Cardio Jam (with Gini)
Balance Focus I (with Nancy)
Strutters Tap Group B (with Val)
Strutters Tap Group A (with Val)
Strutters Tap for Beg/Inter (with Cynthia)
Line Dance Fun (with Nancy)
Jazzercise Lo (with Lorrie)

8:30am-9:20am MVL Studio A&B
9:30am-10:20am MVL Studio A&B
10:30am-11:20am MVL Studio A&B
11:30am-12:20pm MVL Studio A
11:30am-12:20pm MVL Studio B
4:30pm-5:20pm MVL Studio A&B
5:30pm-6:20pm MVL Studio A&B

FL6037	FL6091	FL6143	FL6195
	FL6092	FL6144	FL6196
FD1142	FD1151	FD1160	FD1169
FD1143	FD1152	FD1161	FD1170
FD1144	FD1153	FD1162	FD1171
	FL6093	FL6145	FL6197
FL6038	FL6094	FL6146	FL6198

Water Classes

Aqua Intervals (with Barb)
Aqua 4 Life (with Barb)

8:00am-8:50am PL Indoor Pool
10:00am-10:50am PL Indoor Pool

		FL6147	FL6199
		FL6356	FL6357

FRIDAYS

Prairie Lodge

Morning Flow Yoga (with Lorrie)
Jazzercise Fusion (with Lorrie)
Chair Yoga (with Lorrie)
Drum Circle (with Cathleen)
Drum Circle (with Cathleen)

8:00am-8:20am PL Fitness Studio
9:00am-9:50am PL Fitness Studio
11:0am-11:50am PL Fitness Studio
2:00pm-2:50pm MVL Studio A&B
3:00pm-3:50pm MVL Studio A&B

7-Oct	14-Oct	21-Oct	28-Oct
FL6039	FL6095	FL6148	FL6200
FL6040	FL6096	FL6149	FL6201
FL6041	FL6097	FL6150	FL6202
		FL6045	
		FL6046	

Meadow View Lodge

Cardio Jam (with Gini)
RIP RX (with Gini)
Strutters Ballet (with Mary)

8:30am-9:20am MVL Studio A&B
9:30am-10:20am MVL Studio A&B
10:30am-11:20am MVL Studio A&B

FL6043	FL6099	FL6152	FL6204
FL6044	FL6100	FL6153	FL6205
FD1145	FD1154	FD1163	FD1172

Water Classes

Aqua Blast (with Barb)

9:00am-9:50am PL Indoor Pool

FL6051	FL6101	FL6154	FL6206
--------	--------	--------	--------

SATURDAYS

Prairie Lodge

Open Your Heart Reiki Yin Yoga (Jeanne)

9:00am-10:30am PL Fitness Studio

1-Oct	8-Oct	15-Oct	22-Oct	29-Oct
	FL5989			

Meadow View Lodge

Jazzercise Lo (with Lorrie)
Yin Yoga (with Lorrie)
Meditation (with Lorrie)

8:30am-9:20am MVL Studio A
9:30am-10:20am MVL Studio A
10:30am-11:20am MVL Studio A

FL5990	FL6047	FL6102	FL6155	FL6207
FL5991				
FL5992				

Water Classes

Aqua Fit (with Kathy P.)

11:00am-11:50am PL Indoor Pool

FL5993	FL6048	FL6103	FL6156	FL6208
--------	--------	--------	--------	--------

SUNDAYS

Prairie Lodge

Weekend Warrior (with Cathleen)

9:00am-9:50am PL Fitness Studio

2-Oct	9-Oct	16-Oct	23-Oct	30-Oct
FL5994				

SPECIAL EVENTS

Passport to Fitness
 S'mores at the Pavilion
 Channel the Flannel Line Dance Party
 S'mores at the Pavilion
 Halloween Hustle

Any Time
 5:00pm-6:00pm
 2:00pm-4:00pm
 5:00pm-6:00pm
 4:00pm-5:00pm

Resident Choice
 FV Pavilion
 MVL Studio A&B
 FV Pavilion
 FV Pavilion

1-Oct	12-Oct	25-Oct	26-Oct	27-Oct	29-Oct
FSE307					
	FSE310				
		FSE306			
			FSE311		
				FSE308	