

# FITNESS CLASS SCHEDULE

## October 2022

### MONDAYS

**Update: #04**

#### 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
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)	11:00am-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
Core and More (with Nancy)	4:30pm-5:20pm	MVL Studio A

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
	FL6081	FL6134	FL6188

Steppin It Up (with Nancy)	5:30pm-6:20pm	MVL Studio A		FL6082	FL6135	FL6189
<b>Water Classes</b>						
Hydropower (with Gini)	9:00am-9:0am	PL Indoor Pool	FL6029	FL6083	FL6136	FL6190
Aqua Fit (with Kathy P.)	11:00am-11:50am	PL Indoor Pool	FL6030	FL6084	FL6137	FL6191
Aqua Lite (with Kathy P.)	12:00pm-12:50pm	PL Indoor Pool	FL6031	FL6085	FL6138	FL6192
<b>THURSDAYS</b>						
<b>Prairie Lodge</b>						
Bodyweight Bootcamp (with Kathy)	7:00am-7:50am	PL Fitness Studio	6-Oct	13-Oct	20-Oct	27-Oct
Total Body Toning (with Barb)	9:00am-9:50am	PL Fitness Studio	FL6032	FL6086	FL6139	FL6193
Total Body Toning VIRTUAL (with Barb)	9:00am-9:50am	PL Fitness Studio	FL6221	FL6223	FL6140	Consumer Showcase
Sensational Stretching (with Jeanne)	11:00am-11:50am	PL Fitness Studio	FL6225	FL6227		
Chair Yoga (with Pam)	12:00pm-12:50pm	PL Fitness Studio	FL6033	FL6087	FL6141	
Light Yoga (with Pam)	1:00pm-1:50pm	PL Fitness Studio	FL6034	FL6088		
Beginner Tai Chi (with Allyn)	2:00pm-2:50pm	PL Fitness Studio	FL6035	FL6089		
			FL6036	FL6090	FL6142	
<b>Meadow View Lodge</b>						
Cardio Jam (with Gini)	8:30am-9:20am	MVL Studio A&B	FL6037	FL6091	FL6143	FL6195
Balance Focus I (with Nancy)	9:30am-10:20am	MVL Studio A&B		FL6092	FL6144	FL6196
Strutters Tap Group B (with Val)	10:30am-11:20am	MVL Studio A&B	FD1142	FD1151	FD1160	FD1169
Strutters Tap Group A (with Val)	11:30am-12:20pm	MVL Studio A	FD1143	FD1152	FD1161	FD1170
Strutters Tap for Beg/Inter (with Cynthia)	11:30am-12:20pm	MVL Studio B	FD1144	FD1153	FD1162	FD1171
Line Dance Fun (with Nancy)	4:30pm-5:20pm	MVL Studio A&B		FL6093	FL6145	FL6197
Jazzercise Lo (with Lorrie)	5:30pm-6:20pm	MVL Studio A&B	FL6038	FL6094	FL6146	FL6198
<b>Water Classes</b>						
Aqua Intervals (with Barb)	8:00am-8:50am	PL Indoor Pool			FL6147	FL6199
Aqua 4 Life (with Barb)	10:00am-10:50am	PL Indoor Pool			FL6356	FL6357
<b>FRIDAYS</b>						
<b>Prairie Lodge</b>						
Morning Flow Yoga (with Lorrie)	8:00am-8:20am	PL Fitness Studio	7-Oct	14-Oct	21-Oct	28-Oct
Jazzercise Fusion (with Lorrie)	9:00am-9:50am	PL Fitness Studio	FL6039	FL6095	FL6148	FL6200
Chair Yoga (with Lorrie)	11:0am-11:50am	PL Fitness Studio	FL6040	FL6096	FL6149	FL6201
Drum Circle (with Cathleen)	2:00pm-2:50pm	MVL Studio A&B	FL6041	FL6097	FL6150	FL6202
Drum Circle (with Cathleen)	3:00pm-3:50pm	MVL Studio A&B			FL6045	
					FL6046	
<b>Meadow View Lodge</b>						
Cardio Jam (with Gini)	8:30am-9:20am	MVL Studio A&B	FL6043	FL6099	FL6152	FL6204
RIP RX (with Gini)	9:30am-10:20am	MVL Studio A&B	FL6044	FL6100	FL6153	FL6205
Strutters Ballet (with Mary)	10:30am-11:20am	MVL Studio A&B	FD1145	FD1154	FD1163	FD1172
<b>Water Classes</b>						
Aqua Blast (with Barb)	9:00am-9:50am	PL Indoor Pool	FL6051	FL6101	FL6154	FL6206
<b>SATURDAYS</b>						
<b>Prairie Lodge</b>						
Open Your Heart Reiki Yin Yoga (Jeanne)	9:00am-10:30am	PL Fitness Studio	1-Oct	8-Oct	15-Oct	22-Oct
				FL5989		
<b>Meadow View Lodge</b>						
Jazzercise Lo (with Lorrie)	8:30am-9:20am	MVL Studio A	FL5990	FL6047	FL6102	FL6155
Yin Yoga (with Lorrie)	9:30am-10:20am	MVL Studio A	FL5991			
Meditation (with Lorrie)	10:30am-11:20am	MVL Studio A	FL5992			
<b>Water Classes</b>						
Aqua Fit (with Kathy P.)	11:00am-11:50am	PL Indoor Pool	FL5993	FL6048	FL6103	FL6156
<b>SUNDAYS</b>						
<b>Prairie Lodge</b>						
Weekend Warrior (with Cathleen)	9:00am-9:50am	PL Fitness Studio	2-Oct	9-Oct	16-Oct	23-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	