








# FITNESS CLASS SCHEDULE

## October 31st to November 6th

PRAIRIE LODGE FITNESS STUDIO							
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	Oct 31st	Nov 1st	Nov 2nd	Nov 3rd	Nov 4th	Nov 5th	Nov 6th
7:00am-7:50am		FL6228 Athletic Yoga with Kathy		FL6251 Bodyweight Bootcamp with Kathy			
8:00am-8:50am			FL6238 Morning Flow Yoga with Lorrie		FL6261 Morning Flow Yoga with Lorrie		
9:00am-9:50am	FL6209 Total Body Toning with Barb	FL6229 Gentle Yoga with Lorrie	 FL6239 Fusion with Lorrie	FL6252 Total Body Toning with Barb	 FL6262 Fusion with Lorrie		FL6269 Weekend Warrior with Cathleen
10:00am-10:50am		FL6238 Yoga for Balance with Jeanne	FL6240 Sensational Stretching with Jeanne				
11:00am-11:50am	FL6210 Sit and Fit with Barb	FL6231 Sensational Stretching with Jeanne	FL6241 Sit and Fit with Barb	FL6253 Sensational Stretching with Jeanne	FL6263 Chair Yoga with Lorrie		
12:00pm-12:50pm							
1:00pm-1:50pm			FL6242 Advanced Chi Tai with Allison				
2:00pm-2:50pm	FL6211 Beginner Tai Chi with Allison		FL6243 Chair Tai Chi with Allison	FL6254 Beginner Tai Chi with Allyn			
3:00pm-3:50pm							
4:00pm-4:50pm							
5:00pm-5:50pm							

**Happy Halloween !**  
**Two New Classes now available:**  
**360 Boxing (Non Contact) on Thursdays at 2:30pm with Chase Beck**  
**Barb Dvorak has a new Aqua Class - Aqua 4 Life -**  
**on Thursdays at 10:00am**

MEADOW VIEW LODGE STUDIO A and B							
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	Oct 31st	Nov 1st	Nov 2nd	Nov 3rd	Nov 4th	Nov 5th	Nov 6th
8:30am-9:20am	FL6212 Pilates Mat with Lorrie	FL6232 Cardio Jam with Gini		FL6255 Cardio Jam with Gini	FL6264 Cardio Jam with Gini	FL6267  Lo with Lorrie	
9:30am-10:20am	FL6213 Strong to the Core with Laura	FL6233 RIP RX with Gini	FL6245 Cardio Dance with Laura	FL6256 Balance Focus I with Nancy	FL6265 Rip RX with Gini		
10:30am-11:20am	FD1173 Strutters Ballet with Mary	FD1174 Strutters Jazz Group A with Val	FD1176 Strutters Ballet for Beg/Inter with Carol	FD1178 Strutters Tap Group B with Val	FD1181 Strutters Ballet with Mary		
11:30am-12:20pm	FL6214 Line Dance Novice: Pre- Beginner with Nancy	FD1175 Strutters Jazz Group B with Val	FD1177 Strutters Jazz for Beg/Inter with Sandy	FD1179 Strutters Tap Group A with Val			
				FD1180 Strutters Tap for Beg/Inter with Cynthia	 Studio B		
12:30pm-1:20pm	FL6215 Line Dance Beginner with Nancy						
1:30pm-2:20pm	FL6216 Balance Focus II with Nancy						
2:30pm-3:20pm				FL6257 360 Boxing with Chase			
3:30pm-4:20pm							
4:30pm-5:20pm			FL6246 Core and More with Nancy	FL6258 Line Dance Fun with Nancy			
5:30pm-6:20pm		 FL6235 Jazzercise Lo with Lorrie	FL6247 Steppin It Up with Nancy	 FL6259 Jazzercise Lo with Lorrie			

### UPCOMING SPECIAL EVENTS

Wed.	Oct 26th	5:00pm	FSE311	S'Mores at the Pavilion	Fountain View Pavilion	Free
Thu.	Oct. 27th	5:00pm	FSE308	Halloween Hustle	PL Fitness	\$5
Sat	Oct. 29th	10:30am	FSE309	Jnr Jazzercise Halloween Party	PL Fitness Studio	\$12
Tue.	Nov. 8th	11:00am	FSE314	Fitness Open House	Fitness Studios	Free

### REGISTERING IN PERSON

When registering for an event in person at either the Prairie Lodge or Meadow View Lodge Fitness Desk, please complete an Event Registration form. These forms are available at all Fitness and Member Service Desks.


MEADOW VIEW LODGE CYCLING STUDIO							
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	Oct 31st	Nov 1st	Nov 2nd	Nov 3rd	Nov 4th	Nov 5th	Nov 6th
7:00am-7:50am			FL6244 Indoor Cycling with Kathy				
9:30am-10:30am							
10:30am - 11:20am							
4:30pm-5:20pm	FL6217 Indoor Cycling with Nancy						

VIRTUAL FITNESS CLASS SCHEDULE							
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	Oct 31st	Nov 1st	Nov 2nd	Nov 3rd	Nov 4th	Nov 5th	Nov 6th
9:00am-9:50am							
11:00am-11:50am							
12:00pm-12:50pm							
1:00pm-1:50pm							
2:00pm-2:50pm							
3:00pm-3:50pm							
4:00pm-4:50pm							

*Classes Returning During Winter*

**REFUND POLICY**

The Association maintains a No Refund policy, except where the class is canceled by the instructor or Association. Sign up early as some class sizes may be limited.

PRAIRIE LODGE INDOOR POOL							
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	Oct 31st	Nov 1st	Nov 2nd	Nov 3rd	Nov 4th	Nov 5th	Nov 6th
8:00am-8:50am	FL6218 Aqua Blast with Barb			FL6260 Aqua Intervals with Barb			
9:00am-9:50am	FL6219 Hydropower with Gini	FL6236 Splashing with the Oldies with Jen	FL6248 Hydropower with Gini		FL6266 Aqua Blast with Barb		
10:00am-10:50am				<b>New</b> FL6358 Aqua 4 Life with Barb		Stingrays SCCAH Swim Club	Water Volleyball All Welcome
11:00am-11:50am		FL6237 Splashing with the Oldies with Jen	FL6249 Aqua Fit with Kathy P.			FL6268 Aqua Fit with Kathy P.	
12:00pm-12:50pm			FL6250 Aqua Lite with Kathy P.				
2:00pm-4:00pm			Stingrays SCCAH Swim Club				
5:00pm-5:50pm					Water Volleyball All Welcome		
6:30pm	Water Volleyball All Welcome		Water Volleyball All Welcome				

MEADOW VIEW LODGE OUTDOOR POOL							
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	Oct 31st	Nov 1st	Nov 2nd	Nov 3rd	Nov 4th	Nov 5th	Nov 6th
8:30am-9:20am							
9:00am-9:50am							
9:30am-10:20am							
10:00am-10:50am							

FOUNTAIN VIEW PAVILION - OUTDOOR FITNESS CLASS SCHEDULE							
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	Oct 31st	Nov 1st	Nov 2nd	Nov 3rd	Nov 4th	Nov 5th	Nov 6th
9:00am-9:50am	CLOSED FOR THE SEASON						