

# OCTOBER 19-24 FITNESS CLASS SCHEDULE

All classes available online. Reservations are required.

MVL STUDIO A/B FITNESS CLASS SCHEDULE							
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:00am-8:50am	Light/Chair Yoga with Pam	Cardio Jam with Gini	Slow Flow Yoga with Cathleen	Cardio Jam with Gini	Slow Flow Yoga with Cathleen	Jazzercise with Lorrie	
9:30-10:20am	Cardio Sculpt with Nancy	Group RIP with Gini	Music N Moves with Laura	Group RIP with Gini	Cardio Sculpt with Nancy	All Level Yoga with Lorrie	
11:00am-11:50am	Balance Focus with Nancy	Strong Bones Healthy Joints with Jen	Cycling with Laura	Strutters Ballet with Mary	Line Dance with Nancy	Strutters Tap with Val	
1:30-2:20pm	xxx	Circuit Cardio with Jen	xxx	Strutters Jazz with Val	xxx	xxx	xxx
4:00am-4:50pm	xxx		xxx		xxx	xxx	xxx
5:30pm-6:20pm	xxx	Jazzercise with Lorrie	xxx	Jazzercise with Lorrie	xxx	xxx	xxx
PRAIRIE LODGE PAVILION - OUTDOOR FITNESS CLASS SCHEDULE							
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9:30-10:15am	Total Body Toning with Barb	xxx	xxx	xxx	Total Body Toning with Barb	xxx	xxx
11:00-11:45am			Strutters Ballet with Mary	Strutters Jazz with Val			
1:00-1:45pm	xxx	POMS with Sandy	xxx	POMS with Sandy	xxx	xxx	xxx
3:00-3:45pm	Tai Chi with Allison	xxx	xxx	xxx	xxx	xxx	xxx
4-5pm	Jazzercise with Lorrie	xxx	xxx	xxx	Jazzercise with Lorrie	xxx	xxx

**PRAIRIE LODGE INDOOR POOL**

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
10:50-11:35am	Water Exercise with Barb	xxx	Water Exercise with Gini	xxx	Water Exercise with Barb	xxx	xxx

**VIRTUAL FITNESS CLASS SCHEDULE**

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
9-10am				9:30am Total Body Toning VIRTUAL with Barb	9:15am Music and Moves VIRTUAL with Laura		
10-11am			10am Slow Flow Yoga VIRTUAL with Cathleen		10am Slow Flow Yoga VIRTUAL with Cathleen		