






FITNESS CLASS SCHEDULE

October 24th to October 30th

PRAIRIE LODGE FITNESS STUDIO							
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	Oct 24th	Oct 25th	Oct 26th	Oct 27th	Oct 28th	Oct 29th	Oct 30th
7:00am-7:50am		FL6171 Athletic Yoga with Kathy		FL6139 Bodyweight Bootcamp with Kathy	← At MVL Studio A This Week		
8:00am-8:50am			FL6180 Morning Flow Yoga with Lorrie	2022 FALL CONSUMER SHOWCASE	FL6200 Morning Flow Yoga with Lorrie		
9:00am-9:50am	FL6157 Total Body Toning with Barb	FL6172 Gentle Yoga with Lorrie	FL6181  Fusion with Lorrie		FL6201  Fusion with Lorrie		
10:00am-10:50am		FL6173 Yoga for Balance with Jeanne	FL6182 Sensational Stretching with Jeanne				
11:00am-11:50am	FL61058 Sit and Fit with Barb	FL6174 Sensational Stretching with Jeanne	FL6183 Sit and Fit with Barb		FL6202 Chair Yoga with Lorrie		
12:00pm-12:50pm	FL6159 Chair Yoga with Pam						
1:00pm-1:50pm	FL6160 Light Yoga with Pam	New	FL6184 Advanced Chi Tai with Allison				
2:00pm-2:50pm	New FL6161 Beginner Tai Chi with Allison		New FL6185 Chair Tai Chi with Allison				
3:00pm-3:50pm	New						
4:00pm-4:50pm	FL6162 Restorative Yoga with Lorrie						
5:00pm-5:50pm							

Plenty of New and Returning Classes Being Offered this Month!
Tai Chi, Restorative Yoga and Nancy's group of Cardio Classes
on Wednesday and Thursday afternoons.
Barb Dvorak has a new Aqua Class - Aqua 4 Life -
on Thursday mornings. Why not try it.

MEADOW VIEW LODGE STUDIO A and B							
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	Oct 24th	Oct 25th	Oct 26th	Oct 27th	Oct 28th	Oct 29th	Oct 30th
8:30am-9:20am	FL6163 Pilates Mat with Lorrie	FL6175 Cardio Jam with Gini		FL6195 Cardio Jam with Gini	FL6204 Cardio Jam with Gini	FL6207  Lo with Lorrie	
9:30am-10:20am	FL6164 Strong to the Core with Laura	FL6176 RIP RX with Gini	FL6187 Cardio Dance with Laura	FL6196 Balance Focus I with Nancy	FL6205 Rip RX with Gini		
10:30am-11:20am	FD1164 Strutters Ballet with Mary	FD1165 Strutters Jazz Group A with Val	FD1167 Strutters Ballet for Beg/Inter with Carol	FD1169 Strutters Tap Group B with Val	FD1172 Strutters Ballet with Mary		
11:30am-12:20pm	FL6165 Line Dance Novice: Pre- Beginner with Nancy	FD1166 Strutters Jazz Group B with Val	FD1168 Strutters Jazz for Beg/Inter with Sandy	FD1170 Strutters Tap Group A with Val			
				FD1171 Strutters Tap for Beg/Inter with Cynthia			
12:30pm-1:20pm	FL6166 Line Dance Beginner with Nancy						
1:30pm-2:20pm	FL6167 Balance Focus II with Nancy						
2:30pm-3:20pm							
3:30pm-4:20pm							
4:30pm-5:20pm			FL6188 Core and More with Nancy	FL6197 Line Dance Fun with Nancy			
5:30pm-6:20pm		FL6177  Jazzercise Lo with Lorrie	FL6189 Steppin It Up with Nancy	FL6198  Jazzercise Lo with Lorrie			

UPCOMING SPECIAL EVENTS

Tue.	Oct. 25th	2:00pm	FSE306	Channel the Flannel Line Dance Party	MVL Studio A and B	\$8
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

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 24th	Oct 25th	Oct 26th	Oct 27th	Oct 28th	Oct 29th	Oct 30th
7:00am-7:50am			FL6186 Indoor Cycling with Kathy				
9:30am-10:30am							
10:30am - 11:20am							
4:30pm-5:20pm	FL6168 Indoor Cycling with Nancy						


Returning

VIRTUAL FITNESS CLASS SCHEDULE							
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	Oct 24th	Oct 25th	Oct 26th	Oct 27th	Oct 28th	Oct 29th	Oct 30th
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 24th	Oct 25th	Oct 26th	Oct 27th	Oct 28th	Oct 29th	Oct 30th
8:00am-8:50am	FL6169 Aqua Blast with Barb			FL6199 Aqua Intervals with Barb			
9:00am-9:50am	FL6170 Hydropower with Gini	FL6178 Splashing with the Oldies with Jen	FL6190 Hydropower with Gini		FL6206 Aqua Blast with Barb		
10:00am-10:50am				New FL6357 Aqua 4 Life with Barb		Stingrays SCCAH Swim Club	Water Volleyball All Welcome
11:00am-11:50am		FL6179 Splashing with the Oldies with Jen	FL6191 Aqua Fit with Kathy P.			FL6208 Aqua Fit with Kathy P.	
12:00pm-12:50pm			FL6192 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 24th	Oct 25th	Oct 26th	Oct 27th	Oct 28th	Oct 29th	Oct 30th
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 17th	Oct 18th	Oct 19th	Oct 20th	Oct 21st	Oct 22nd	Oct 23rd	
9:00am-9:50am	CLOSED FOR THE SEASON							