

October 2020						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
	(P) = at Park (U)= Uptairs	All other classes are in the exercise classroom		1 No Classes Today	2 7:30 Total Tone 8:30 Yoga A 11:00 Aqua Class	3 7:30 Spin Class 9:30 Chair Yoga (U) 10:00 Fitness Center Orientation with Reservation
4	5 7:30 Total Tone 8:30 Gentle Yoga 11:00 Aqua Class	6 11:00 Senior Fit J 4:00 Spin Class	7 11:00 Aqua Class	8 9:30 Healthy Back Class (U)	9 7:30 Total Tone 8:30 Yoga A 11:00 Aqua Class	10 7:30 Spin Class 9:30 Chair Yoga (U) 10:00 Fitness Center Orientation with Reservation
11	12 7:30 Total Tone 8:30 Gentle Yoga 11:00 Aqua Class	13 8:30 Men's Yoga 10:00 Water Yoga 11:00 Senior Fit J 4:00 Spin Class	14 10:30 Full Body Circuit A 11:30 Spin Class A 11:00 Aqua Class	15 9:30 Water Yoga	16 7:30 Total Tone 8:30 Yoga 11:00 Aqua Class	17 7:30 Spin Class 9:30 Chair Yoga (U) 10:00 Fitness Center Orientation with Reservation
18	19 7:30 Total Tone 8:30 Gentle Yoga (P) 9:30 Mat Pilates (P) 11:00 Aqua Class 11:00 AeroboFit 11:00 Chair Yoga (U)	20 8:30 Men's Yoga (P) 10:00 Water Yoga 11:30 Senior Fit (U) 4:00 Spin Class C	21 8:30 All Levels Yoga (P) 9:30 Mat Pilates (P) 10:30 Full Body Circuit 11:30 Spin Class 11:00 Aqua Class 12:30 Simply Stretch	22 8:30 Men's Yoga (P) 10:00 Water Yoga 11:30 Senior Fit (U) 4:00 Spin Fusion C	23 7:30 Total Tone 8:30 Yoga (P) 9:30 Healthy Back (U) 11:00 Aqua Class	24 7:30 Spin Class 9:30 Chair Yoga (U) 10:00 Fitness Center Orientation with Reservation
25	26 7:30 Total Tone 8:30 Gentle Yoga (P) 9:30 Mat Pilates (P) 11:00 Aqua Class 11:00 AeroboFit 11:00 Chair Yoga (U)	27 8:30 Men's Yoga (P) 10:00 Water Yoga 11:30 Senior Fit (U) 4:00 Spin Class C	28 8:30 All Levels Yoga (P) 9:30 Mat Pilates (P) 10:30 Full Body Circuit 11:30 Spin Class 11:00 Aqua Class 12:30 Simply Stretch	29 8:30 Men's Yoga (P) 10:00 Water Yoga 11:30 Senior Fit (U) 4:00 Spin Fusion C	30 7:30 Total Tone 8:30 Yoga (P) 9:30 Healthy Back (U) 11:00 Aqua Class	31 7:30 Spin Class 9:30 Chair Yoga (U) 10:00 Fitness Center Orientation with Reservation

Unlimited Class Package - \$79 Includes all classes except Healthy Back Class

Reservations are needed for all classes. Use the PS app or website to reserve.

Physical Therapy questions & appt call: 239-223-0484 **Fitness Questions:** email Director Mike Mastro : mmastro@psgrc.org

Reservations are required to workout in the Fitness Center – Limited to 60 minutes per day