

2023 | FITNESS

October

October Unlimited Class
Package \$90!

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2 7:30 Total Tone 8:30 Yoga PP 9:00 Line Dance 11:00 Aqua Class 12:30 Chair Yoga	3 10:00 Water Yoga 11:30 Forever Fit 4:00 Spin Class	4 11:00 Aqua Class 12:30 Circuit Class	5 11:30 Forever Fit	6 7:30 Total Tone 8:30 Yoga PP 9:00 Healthy Back 11:00 Aqua Class 12:30 Abs n Glutes	7 8:00 Spin Class
8	9 7:30 Total Tone 8:30 Yoga PP 9:00 Line Dance 11:00 Aqua Class 12:30 Chair Yoga	10 10:00 Water Yoga 4:00 Spin Class	11 9:30 Pilates PP 11:00 Aqua Class 12:30 Circuit Class	12 10:00 Water Yoga 11:30 Forever Fit 2:30 Restorative Yoga	13 7:30 Total Tone 8:30 Yoga PP 9:00 Healthy Back 11:00 Aqua Class 12:30 Abs n Glutes	14 8:00 Spin Class 9:30 Chair Yoga
15	16 7:30 Total Tone 8:30 Yoga PP 9:00 Line Dance 11:00 Aqua Class 12:30 Chair Yoga	17 10:00 Water Yoga 11:30 Forever Fit 4:00 Spin Class	18 9:30 Pilates PP 11:00 Aqua Class 12:30 Circuit Class	19 10:00 Water Yoga 11:30 Forever Fit 2:30 Restorative Yoga	20 7:30 Total Tone 8:30 Yoga PP 9:00 Healthy Back 11:00 Aqua Class 12:30 Abs n Glutes	21 8:00 Spin Class 9:30 Chair Yoga
22	23 7:30 Total Tone 8:30 Yoga PP 9:00 Line Dance 9:30 Pilates PP 11:00 Aqua Class 12:30 Chair Yoga	24 8:30 Men's Yoga PP 9:00 Healthy Back 10:00 Water Yoga 11:30 Forever Fit 4:00 Spin Class	25 7:30 Total Tone 9:30 Pilates PP 10:30 Ballroom Dance 11:00 Aqua Class 12:30 Circuit Class	26 8:30 Men's Yoga PP 10:00 Water Yoga 11:30 Forever Fit 1:00 All Barre Class 2:30 Restorative Yoga	27 7:30 Total Tone 8:30 Yoga PP 9:00 Healthy Back 11:00 Aqua Class 12:30 Abs n Glutes	28 8:00 Spin Class 9:30 Chair Yoga
29	30 7:30 Total Tone 8:30 Yoga PP 9:00 Line Dance 9:30 Pilates PP 11:00 Aqua Class 12:30 Chair Yoga	31 8:30 Men's Yoga PP 9:00 Healthy Back 10:00 Water Yoga 11:30 Forever Fit 4:00 Spin Class	1	2	3	4

Class Location All Classes @ Fitness Center except PP at Park. All Water Classes @ River Club pool: Fitness or Personal Training Inquiries, please email MMASTRO@PSGRC.ORG | Classes: \$10 Each: Healthy Back \$12 | Personal Training: 1Hr/\$69 30min/\$39
Unlimited Class Package \$90 (Includes ALL classes except Healthy Back class)