

WOODLAKE

FITNESS | 2022

AFC Fitness Classes

September Schedule

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

				1 5:30am Barre Above-DL 8:30am Yoga Stretch-DK 9:45am Pound-MH 11:00am Zumba-P'Nut	2 5:30 AM Cardio Attack 8:00am Low Impact CRT-LL 9:00am Sculpt-JD 10:10am Pilates-JD 3:00pm Ageless Stretch & Strength-DW	3 8:15am TONE-DL GROUP X ROOM
4	5 5:30am Piloxing Barre & Piloxing Booty Builder-DL 8:00am Low Impact CRT-LL 9:00am Pilates-JD 11:00am Ageless Stretch & Strength-DW 6:30pm Gentle Yoga-DK LABOR DAY 8AM-6PM	6 5:30am Mixed Tabata-CL 9:30am Zumba-P'Nut 6:30pm BODYPUMP-DG	7 5:30am Tone-DL 8:00am Low Impact CRT-LL 9:15am BODYPUMP-MM 10:15AM CORE-MM 6:30pm Gentle Yoga-RG	8 5:30am Barre Above-DL 8:30am Yoga Stretch-DK 9:45am Pound-MH 11:00am Zumba-P'Nut	9 8:00am Low Impact CRT-LL 9:00am BODYPUMP-DG 3:00pm Ageless Stretch & Strength-DW	10 8:15am TONE and Core-DG GROUP X ROOM
11 4:30pm Vinyasa Yoga	12 5:30am Piloxing Barre & Piloxing Booty Builder-DL 8:00am Low Impact CRT-LL 9:00am Pilates-JD 6:30pm Gentle Yoga-DK	13 5:30am Mixed Tabata-CL 9:30am Zumba-P'Nut 6:30pm BODYPUMP-DG	14 8:00am Low Impact CRT-LL 9:15am BODYPUMP-MM 10:15AM CORE-MM 6:30pm Gentle Yoga-RG	15 8:30am Yoga Stretch-DK 9:45am Pound-MH 11:00am Zumba-P'Nut	16 8:00am Low Impact CRT-LL 9:00am BODYPUMP-DG 3:00pm Ageless Stretch & Strength-DW	17 8:15am TONE and Core-DG GROUP X ROOM
18 4:30pm Vinyasa Yoga	19 5:30am Piloxing Barre & Piloxing Booty Builder-DL 8:00am Low Impact CRT-LL 6:30pm Gentle Yoga-DK	20 5:30am Mixed Tabata-CL 9:30am Zumba-P'Nut 6:30pm BODYPUMP-DG	21 5:30am Tone-DL 8:00am Low Impact CRT-LL 9:15am BODYPUMP-MM 10:15AM CORE-MM 6:30pm Gentle Yoga-RG	22 5:30am Barre Above-DL 8:30am Yoga Stretch-DK 9:45am Pound-MH 11:00am Zumba-P'Nut	23 5:30am Cardio Attack-DL 8:00am Low Impact CRT-LL 9:00am BODYPUMP-DL 10:10am BODYFLOW-DL	24 8:15am TONE-DL GROUP X ROOM
25 4:30pm Vinyasa Yoga	26 5:30am Piloxing Barre & Piloxing Booty Builder-DL 8:00am Low Impact CRT-LL 9:00am Pilates & Barre-JD 11:00am Ageless Stretch & Strength-DW 6:30pm Gentle Yoga-DK	27 5:30am Mixed Tabata-CL 9:30am Zumba-P'Nut 6:30pm BODYPUMP-DG	28 5:30am Tone-DL 8:00am Low Impact CRT-LL 9:15am BODYPUMP-MM 10:15AM CORE-MM 6:30pm Gentle Yoga-RG	29 5:30am Barre Above-DL 8:30am Yoga Stretch-DK 9:45am Pound-MH 11:00am Zumba-P'Nut	30 5:30am Cardio Attack-DL 8:00am Low Impact CRT-SS 9:00am BODYPUMP-DL 10:10am BODYFLOW-DL 3:00pm Ageless Stretch & Strength-DW	

Instructors: DL-Denise, JD-Judy, LL-Laurie, MM-Mika, CL-Connie, AE-Anne, DK-Dorota, MS-Megan, DG-Dafne, DW-Diane, MH-Melissa, AR-Abby, LC-Liliana, RG-Ruth, Steve-SS