



October 2024 Class Schedule

Tuesday	11:30am-12:15pm
Spin	10/1 and 10/22
Cardio/Core	10/15 and 10/29

Spin - A cardiovascular workout performed to music on stationary bikes. Limited space availability.

Cardio /Core– Mix of low and high impact exercises, fat burning zone, easy moves. Choose low or high impact cardio in this fun and sweaty session! Modifications will be given as we go through old school high low aerobics moves and combinations Mix of core, pilates, abs and stretching.

Thursday	Tabata
	11:30am-12:15pm

Tabata – Type of high intensity interval training designed to get your heart rate up in that very hard anaerobic zone for short periods of time... 20 seconds of a very high intensity exercise, 10 seconds of rest

No classes week of October 7 - 11