

OCTOBER 2019 FITNESS SCHEDULE

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2 Feeling Fit 9-10am Total Body Fitness 6:30-7:30pm	3 Yoga 7-8:15pm	4 Feeling Fit 9-10am	5 Total Body Fitness 6:30-7:30pm Yoga 9:45-11a
6 	7 Feeling Fit 9-10am	8	9 Feeling Fit 9-10am Total Body Fitness 6:30-7:30pm	10 Yoga 7-8:15pm	11 Feeling Fit 9-10am	12 Total Body Fitness 6:30-7:30pm Yoga 9:45-11a
13	14 Feeling Fit 9-10am	15	16 Feeling Fit 9-10am Total Body Fitness 6:30-7:30pm	17 Yoga 7-8:15pm	18 Feeling Fit 9-10am	19 Total Body Fitness 6:30-7:30pm Yoga 9:45-11a
20 	21 Feeling Fit 9-10am	22	23 Feeling Fit 9-10am Total Body Fitness 6:30-7:30pm	24 Yoga 7-8:15pm	25 Feeling Fit 9-10am	26 Total Body Fitness 6:30-7:30pm Yoga 9:45-11a
27	28 Feeling Fit 9-10am	29	30 Feeling Fit 9-10am Total Body Fitness 6:30-7:30pm	31		<u>Locations of Programs:</u> Bayway Cabin Community Gym/BMS Gym Bay Lodge Dwyer Center Bay Rec