

# October Classes

September '19						
S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

November '19						
S	M	T	W	T	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>29</b>	<b>30</b>	<b>1</b> 5AM Wakeup Workout <b>6AM Insanity</b> 8AM Morning Mashup <b>4:30PM PiYo</b> 5:30PM FitNFab	<b>2</b> 5AM Wakeup Workout 530AM Drum Latè 8AM FitNFab <b>9AM Step</b> <b>10AM Strength</b> 12PM Spin Sprints & Weights 4:30PM Full Body Sculpt <b>5PM Yoga</b> <b>5:30PM Step</b>	<b>3</b> 5AM Wakeup Workout <b>6AM Insanity</b> 8AM Morning Mashup <b>4PM PiYo</b> 5:30PM Spin 6:30PM Dance Fitness	<b>4</b> 5AM Wakeup Workout <b>6AM Insanity</b> 8AM FitNFab <b>9AM Step</b> 12PM Spin Sprints	<b>5</b> <b>7AM Insanity</b> 8AM Spin Sprints & Weights
<b>6</b> 8AM Hills & Thrills	<b>7</b> 5AM Wakeup Workout 530AM Drum Latè 8AM FitNFab <b>9AM Step</b> <b>10AM Strength</b> 12PM Spin Sprints <b>4:30PM PiYo</b> 515PM Monday Madness Spin 6PM Dance Fitness	<b>8</b> 5AM Wakeup Workout <b>6AM Insanity</b> 8AM Morning Mashup <b>4:30PM PiYo</b> 5:30PM FitNFab	<b>9</b> 5AM Wakeup Workout 530AM Drum Latè 8AM FitNFab <b>9AM Step</b> <b>10AM Strength</b> 12PM Spin Sprints & Weights 4:30PM Full Body Sculpt <b>YOGA CANCELLED</b> <b>5:30PM Step</b>	<b>10</b> 5AM Wakeup Workout <b>6AM Insanity</b> 8AM Morning Mashup <b>PIYO CANCELLED</b> 5:30PM Spin 6:30PM Dance Fitness	<b>11</b> 5AM Wakeup Workout <b>6AM Insanity</b> 8AM FitNFab <b>9AM Step</b> 12PM Spin Sprints	<b>12</b> <b>7AM Insanity</b> 8AM Spin Sprints & Weights
<b>13</b> 8AM Hills & Thrills	<b>14</b> 5AM Wakeup Workout 530AM Drum Latè 8AM FitNFab <b>9AM Step</b> <b>10AM Strength</b> 12PM Spin Sprints <b>4:30PM PiYo</b> 515PM Monday Madness Spin 6PM Dance Fitness	<b>15</b> <b>WAKEUP WORKOUT CANCELLED</b> <b>6AM Insanity</b> 8AM Morning Mashup <b>4:30PM PiYo</b> 5:30PM FitNFab	<b>16</b> 5AM Wakeup Workout 530AM Drum Latè 8AM FitNFab <b>9AM Step</b> <b>10AM Strength</b> 12PM Spin Sprints & Weights 4:30PM Full Body Sculpt <b>5PM Yoga</b> <b>5:30PM Step</b>	<b>17</b> 5AM Wakeup Workout <b>6AM Insanity</b> <b>MORNING MASHUP CANCELLED</b> <b>4PM PiYo</b> 5:30PM Spin 6:30PM Dance Fitness	<b>18</b> 5AM Wakeup Workout <b>6AM Insanity</b> 8AM FitNFab <b>9AM Step</b> 12PM Spin Sprints	<b>19</b> <b>7AM Insanity</b> 8AM Spin Sprints & Weights
<b>20</b> 8AM Hills & Thrills	<b>21</b> 5AM Wakeup Workout 530AM Drum Latè 8AM FitNFab <b>9AM Step</b> <b>10AM Strength</b> 12PM Spin Sprints <b>4:30PM PiYo</b> 515PM Monday Madness Spin 6PM Dance Fitness	<b>22</b> 5AM Wakeup Workout <b>6AM Insanity</b> 8AM Morning Mashup <b>4:30PM PiYo</b> 5:30PM FitNFab	<b>23</b> 5AM Wakeup Workout 530AM Drum Latè 8AM FitNFab <b>9AM Step</b> <b>10AM Strength</b> 12PM Spin Sprints & Weights 4:30PM Full Body Sculpt <b>5PM Yoga</b> <b>5:30PM Step</b>	<b>24</b> 5AM Wakeup Workout <b>6AM Insanity</b> 8AM Morning Mashup <b>4PM PiYo</b> 5:30PM Spin 6:30PM Dance Fitness	<b>25</b> 5AM Wakeup Workout <b>6AM Insanity</b> 8AM FitNFab <b>9AM Step</b> 12PM Spin Sprints	<b>26</b> <b>7AM Insanity</b> 8AM Spin Sprints & Weights <b>9AM LENNY LIFTS for AUTISM AWARENESS Weight Lifting, AMRAP WOD Competition HALLOWEEN THEME</b>
<b>27</b> 8AM Hills & Thrills  <i>5pm - Ladies ONLY After Hours Event</i>	<b>28</b> 5AM Wakeup Workout 530AM Drum Latè 8AM FitNFab <b>9AM Step</b> <b>10AM Strength</b> 12PM Spin Sprints <b>4:30PM PiYo</b> 515PM Monday Madness Spin 6PM Dance Fitness	<b>29</b> <b>WAKEUP WORKOUT CANCELLED</b> <b>6AM Insanity</b> 8AM Morning Mashup <b>4:30PM PiYo</b> 5:30PM FitNFab	<b>30</b> 5AM Wakeup Workout 530AM Drum Latè 8AM FitNFab <b>9AM Step</b> <b>10AM Strength</b> 12PM Spin Sprints & Weights 4:30PM Full Body Sculpt <b>5PM Yoga</b> <b>5:30PM Step</b>	<b>31</b> 5AM Wakeup Workout <b>6AM Insanity</b> <b>MORNING MASHUP CANCELLED</b> <b>4PM PiYo</b> 5:30PM Spin 6:30PM Dance Fitness	<b>1</b>	<b>2</b>

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Access it for: class schedules, instructor changes, booking YOUR favorite classes, notification of class cancellation, and much more.

We will be asking all class participants to pre-register for classes.

You will still be able to call the Center ahead of time to reserve YOUR spot.