



## October Class Changes:

### Lexington:

- Addition of Tuesday 5:30pm Yoga Flow H2O- Get the great benefits of yoga in the water!
- Monday 7:30pm Yoga with Sue will be at 6:30pm starting Oct 1<sup>st</sup>
- Monday 5:30pm Barre class will be on vacation for October
- Tuesday 8:15am format will change to Power Yoga with Amber

### Commerce:

Addition of:

- Sunday 4pm Inspirational R&G Cycle- Sheila and Anthony
- Monday 6:30pm Sport- Nicole
- Tuesday 6:30pm Yoga- Betty
- Wednesday 6:30pm HITT - Trusha
- Friday 10:30am Zumba – Alice and Meghan

The Wednesday 11:45am and 6:35pm cycle will be on vacation for October

**What is Sport?** Class designed to push your training edge, fine tuning the body with an emphasis on cardio, strength and core training using step and weights.

**What is Yoga Flow H2O?** Get all the amazing benefits of yoga in the water with this dynamic class. Great for all levels!

**What is Inspirational R&G Cycle?** An inspirational spin on R&G cycle using uplifting music including worship and gospel.