





# Augusta Health Fitness

## Fitness and Cycling Studio Schedule - *October 2017*

| MON  | TUES   | WED   | THUR  | FRI   | SAT   |
|--|--|---|---|---|---|
| <b>5:15- 6:15 am</b><br><b>RPM -60min</b><br>Amy 2, 16<br><b>Instructor's Choice</b><br>Michelle 9, 23, 30   |  | <b>5:15- 6:15 am</b><br><b>Cardio/Body Sculpt</b><br>Michelle                                 |   | <b>5:15 6:15 am</b><br><b>Endurance Ride</b><br>Kara 6<br>William 13, 20, 27          |    |
|  |  | See Specialty Studio<br>Calendar for class<br>Information                                     | See Specialty Studio<br>Calendar for class<br>Information                                     |   |   |
|  |  |   |   |   | <b>8:00- 9:00 am</b><br><b>Instructor's Choice</b><br>Jenn 7<br>Michelle 14<br>Kara 28<br><b>RPM 76 Launch 21</b>   |
| <b>8:30-9:30 am</b><br><b>RPM - 60 min</b><br>Jen 2, 23<br>Sarah 9, 16 Oliva 30  |                         | <b>8:30 - 9:30 AM</b><br><b>Interval Ride</b><br>Sarah  |              |   |   |
| <b>9:00 - 9:55 am</b><br><b>Zumba</b><br>Sharyn L. 9, 16, 23, 30   | <b>9:00-10:00 am</b><br><b>Body Sculpt</b><br>Jen 3<br><b>BODYPUMP</b><br>Sarah 10, 17, 24<br>Kristin 31 | <b>9:00-9:55 am</b><br><b>BODYCOMBAT</b><br>Kristin   | <b>9:00-10:00 am</b><br><b>Cardio Body Sculpt</b><br>Jen                                      | <b>9:00-9:55 am</b><br><b>Cardio &amp; Core</b><br>Jenn 6, 13<br>Jen 20, 27           | <b>9:00-10:00am</b><br><b>BODYCOMBAT</b><br>Doris 7, 73 Launch 28<br><b>BODYPUMP</b><br>Amy 14<br><b>Outdoor Bootcamp</b><br>Sarah 21   |
| <b>10:00 - 10:45 am</b><br><b>Senior Cardio</b><br>Jen 2<br>Sharyn L. 9, 16, 23, 30  | <b>10:00 - 10:45 am</b><br><b>Senior Strength</b><br>Jen   | <b>10:00-10:45 am</b><br><b>Senior Cardio</b><br>Jen 4<br>Sharyn L. 11, 18, 25                | <b>10:00-10:45 am</b><br><b>Senior Strength</b><br>Jen 5<br>Sharyn L. 12, 19, 26              |   | <b>Announcements:</b><br><b>Fall Prevention Workshop</b><br>Saturday October 21<br>10 am - 2 pm<br>Gain knowledge to reduce the risk of falling from Augusta Health and Murphy Deming Physical Therapists. Free and open to the public. |
|  |  | <b>10:30 - 11:00 am</b><br><b>Senior Stretch</b><br>Olivia                                    |   |   |   |
| <b>12:15- 1:00 pm</b><br><b>PiYo</b><br>Laura Lee 2, 16, 30<br><b>Pilates</b><br>Laura Lee 9, 23   |  |            |   |  |   |
|  | <b>3:45- 4:30 pm</b><br><b>Zumba</b><br>Kristin  |   |   | <b>4:00- 4:45 pm</b><br><b>Zumba</b><br>Kristin 6, 13, 20<br>Sharyn 27                | <b>New from Les Mills</b><br><b>RPM 76</b> Oct 21 8AM<br><b>BODYPUMP 103</b><br>Oct 26 5:30PM<br><b>BODYCOMBAT 73</b><br>Oct 28 9 AM  |
| <b>BODYPUMP</b><br>Kristin   | <b>4:30-5:25pm</b><br><b>Step Express &amp; Core</b><br>Bonnie 3, 10, 24, 31<br>Jen 17                   | <b>4:30-5:15 pm</b><br><b>HIIT Boot Camp</b><br>Bonnie  | <b>4:30-5:25 pm</b><br><b>BODYCOMBAT</b><br>Kristin 5, 12, 19<br>Doris 26                     |   |   |
|  |  | <b>5:00-6:00pm</b><br><b>Interval Ride</b><br>Doris 4, 18<br><b>RPM - 60min</b><br>Amy 11, 25 |   |   |   |
| <b>5:30-6:25pm</b><br><b>BODYCOMBAT</b><br>Doris 2, 16, 30<br>Sharon T. 9, 23  | <b>5:30- 6:30 pm</b><br><b>BODYPUMP</b><br>Amy 3, 17<br><b>Cardio/Body Sculpt</b><br>Doris 10, 24, 31    | <b>5:20-5:50 pm</b><br><b>Core &amp; More</b><br>Bonnie                                       | <b>5:30-6:25 pm</b><br><b>BODYPUMP</b><br>Sharon T. 5, 19<br>Sarah 12<br><b>103 Launch 26</b> |  |   |
| <b>6:30-7:15 pm</b><br><b>BODYSTEP</b><br>Sharon T.  |  | <b>6:00-6:55 pm</b><br><b>BODYCOMBAT</b><br>Sharon T.   |   |   | <b>Starting Oct 9...</b><br>Zumba is back on Monday mornings at 9am. Please help us welcome new instructor Sharyn Lustre.   |
| <b>Class Descriptions on back of schedule!</b><br><b>New to group fitness?</b> All of our instructors are excited and ready to make you feel at home.<br><b>Please</b> come in a few minutes early and let them know it is your first class. |  |   |   |   |   |

