



# Augusta Health Fitness Specialty Studio Schedule - October 2017

MON	TUE	WED	THU	FRI	SAT
		<b>6:30-7:15 am</b> <i>Pilates-Barre Fusion</i> Kara	<b>6:30 - 7:15 am</b> Power Vinyasa Flow Michelle		
	<b>9- 10 am</b> <b>Gentle Flow</b> Alysia 3, 10, 24, 31 Olivia 17	<b>9-10 am</b> <b>Int/Adv Vinyasa</b> Olivia	<b>9-10 am</b> <b>Gentle Flow</b> Olivia 5, 19 Alysia 12, 26		<b>9 - 10am</b> <b>Yoga Basics</b> Kara 7 Michelle 14, 21 Alysia 28
<b>10:30 - 11:15AM</b> <b>Chair Yoga</b> Jen 2, 30 Olivia 9, 16, 23	<b>10:15 AM</b> <b>Beg/Int Chi Kung</b> Tom		<b>10:15 AM</b> <b>Adv Chi Kung</b> Tom	<b>10:30 - 11:15AM</b> <b>Chair Exercise</b> Jen	<b>Announcements</b>  <b>Fall Prevention Workshop</b> <i>October 21</i> <i>10 am - 2 pm</i>  Gain knowledge to reduce the risk of falling from Augusta Health and Murphy Deming Physical Therapist . Fall Prevention workshop is free and open to the public.
	<b>11:15 AM</b> <b>Tai Chi for Arthritis &amp; Diabetes</b> Tom	<b>11:00 AM</b> <b>Tai Chi for Beginners</b> Tom	<b>11:15 AM</b> <b>Inter Tai Chi</b> Tom		
<b>11:20-12:05 pm</b> <b>Fall Proof</b> October 9 -27	<b>12:15 - 12:45 pm</b> <b>KRAVE 30x</b> Olivia 3 Sarah 10, 17, 24 Eddie 31	<b>12:15- 1:00 pm</b> <b>TRX</b> Sharyn L.		<b>11:20-12:05pm</b> <b>Fall Proof</b> October 9 -27	
					
<b>5:30- 6:30 pm</b> <b>Gentle Flow</b> Alysia 2, 23, 30 Sharyn L. 9, 16		<b>5:30- 6:15 pm</b> <b>TRX</b> Nic	<b>5:30 -6:30 pm</b> <b>Power Vinyasa Flow</b> Zoe		<b>Fall Proof Classes</b> will now take place in the Specialty Studio. Registration is at the front desk - \$8 members \$13 non-members Mon/Fri 11:20am-12:05pm
<b>7:00 - 8:00 PM</b> <b>Beg/Int Martial Arts</b> Tom  <i>Extra Fee</i>	<b>7:00 - 7:45 PM</b> <b>Multi-Level Tai Chi</b> Tom	<b>7:00 - 8:00 PM</b> <b>Beg/Int Martial Arts</b> Tom  <i>Extra Fee</i>			
					

Classes Yoga, Tai Chi and Chi Kung in the specialty studio are free to all Total Memberships. Martial Arts is excluded from this offer.

Extra fee for Martial Arts for all memberships` .Please see membership for registration.

Please look at the back of this flyer for class descriptions, so you will enter the appropriate class for your specific fitness level.

**TRX is now included in all Total Memberships!!**

