



OCTOBER

2018

ADDITIONAL CLASS CALENDAR

Weekends Demos TRX Rowing

NOTES

Reminder: All Premier class offerings (rowing & TRX classes) have required sign up due to limited space.

Please sign up at westernracquet.com or by call the front desk at 497-1161

The Sunday Theme Ride is back! Get your sweat on with us the first Sunday of every month!

SUN	MON	TUES	WED	THURS	FRI	SAT
	1	2 <i>Barre</i> *8:45am with Nichelle	3	4 <i>Barre</i> *5:30pm with Nichelle.	5 <i>Barre</i> *5:30pm with Nichelle.	6 *8:00am - CYCLING with Alissa 9:00am - STRENGTH with Joy 10:00am - YOGA with Haily
7 CYCLE *9:00am Cycling Theme Ride Endurance with Lisa <i>OctoBarre</i> *1:00pm with Nichelle	8 <i>INDOROW</i> *10:00am with Dan <i>Barre</i> *10:15am with Becky W.	9 CORECREW *5:30pm with Jessie	10	11 <i>Barre</i> *8:45am with Nichelle. <i>Barre</i> *5:30pm with Becky W.	12 <i>Barre</i> *12:00pm with Becky W. BIKER CHICKS *5:30pm with Lisa	13 *8:00am - CYCLING with Brooke <i>INDOROW</i> *9:00am with Peggy 9:00am - STRENGTH with Sheila 10:00am - YOGA with Billie TRX *DROP-IN 10:15am with Sheila
14 <i>OctoBarre</i> *1:00pm with Becky W.	15	16 <i>Barre</i> *8:45am with Nichelle	17 TRX Session Sign-up	18 <i>Barre</i> *5:30pm with Nichelle.	19 <i>Barre</i> *5:30pm with Jackie S.	20 STRONG BY ZUMBA 8:00am with Erin D. <i>INDOROW</i> *9:00am with Lisa 9:00am - STRENGTH with Cathy 10:00am - YOGA with Cathy
21 <i>OctoBarre</i> *1:00pm with Jackie S.	22 <i>INDOROW</i> *10:00am with Amanda B. <i>Barre</i> *10:15am with Becky W. TRX101 5:30pm with Katie (FREE)	23	24	25 <i>Barre</i> *8:45am with Nichelle. <i>Barre</i> *5:30pm with Becky W.	26 <i>Barre</i> *12:00pm with Becky W. BIKER CHICKS *5:30pm with Peggy	27 TRX101 *7:45am with Becky V. (FREE) <i>Barre</i> *8:00am with Jackie S. <i>INDOROW</i> *9:00am with Kari 9:00am - STRENGTH with Becky V. 10:00am - YOGA with Stephanie H. (studio 1)
28 <i>OctoBarre</i> *1:00pm with Nichelle	29 TRX Session Begins	30 <i>Barre</i> *8:45am with Jackie S. CORECREW 5:30pm with Jessie	31			

*MUST SIGN UP AT FRONT DESK