



October 2024 Activities

Land Aerobics																								
DAYS:	Tues.	Wed.	Thurs.	Fri.	Mon.	Tues.	Wed.	Thurs.	Fri.	Mon.	Tues.	Wed.	Thurs.	Fri.	Mon.	Tues.	Wed.	Thurs.	Fri.	Mon.	Tues.	Wed.	Thurs.	TOTALS
DATE:	10/1	10/2	10/3	10/4	10/7	10/8	10/9	10/10	10/11	10/14	10/15	10/16	10/17	10/18	10/21	10/22	10/23	10/24	10/25	10/28	10/29	10/30	10/31	
Rip N Ryde	7		2			5		4			7		4			5		4			5		NO	43
Beat Based Cycling		4										4					4					4		16
SBF		5					7					6		7			6						7	38
Sr. Dance	8		11			8		9			8					NO		10			8		10	72
Yoga		6		5					6			4							5			5		31
Senior Cardio														NO										0
Tabata																	9				7			16
Zumba Gold®					1					2					NO						1			4
Sr. Strength				11	9				10	7					NO				9	7				53
Yoga Vinyasa					3					3					4						4			14
Yoga & Pilates							6										5							11
Yoga Sculpt							4																	4
Strong					6					4					4									14
HOT Strong												9										9		18
Strong + Intervals		7																						7
Chair V-Ball	15		16			12		14			14		14			10		14			13		14	136
October Total																							477	

Water Aerobics																								
DAYS:	Tues.	Wed.	Thurs.	Fri.	Mon.	Tues.	Wed.	Thurs.	Fri.	Mon.	Tues.	Wed.	Thurs.	Fri.	Mon.	Tues.	Wed.	Thurs.	Fri.	Mon.	Tues.	Wed.	Thurs.	Totals
DATE:	10/1	10/2	10/3	10/4	10/7	10/8	10/9	10/10	10/11	10/14	10/15	10/16	10/17	10/18	10/21	10/22	10/23	10/24	10/25	10/28	10/29	10/30	10/31	
Just My Speed	14		11			15		14			16		14			18		14			13		10	139
Aqua Nutz		16		16	22		21		20	19		21		17	20		23		12	21		22		250
October Total																							389	

W - Cancelled due to the Weather
P - Big Pool Pump went down
NO - Instructor cancelled (sick, etc.)