

FAMILY LIFE CENTER  
OCTOBER

MON	TUES	WED	THURS	FRI
8:00 AM KICKBOXING ANGELA	9:00 AM TABATA ANGELA	6:20 AM BODY PUMP EMILY	9:00 AM STEP/BANDS SUE	8:00 AM STEP ANGELA
9:00 AM BODY PUMP ANGELA	2:30-4:30 PM OPEN PICKLEBALL	8:00 AM WED. WARRIORS	2:30-4:30 PM OPEN PICKLEBALL	9:00 AM CIRCUITS ANGELA
9:00 AM SILVER SNEAKERS	7:00 PM GENTLE YOGA SHEA	9:00 AM SILVER SNEAKERS	5:30 P.M. Move It & Lift it Sue	9:00 AM SILVER SNEAKERS
10:00 AM SILVER & FIT				10:00 AM SILVER & FIT
2:30-4:00 PM* OPEN PICKLEBALL				
5:30 P.M. CURLS, CRUNCHES AND MORE SUE				

