

G.Y.M
GET. YOU. MOVING
BULLETIN
FALL SCHEDULE

WEEK OF : OCTOBER 25

ALL CLASSES ARE \$5 DROP IN!

MONDAY 10/25

8:30-9:30 AM	BOOM MOVE - Aimee
9:30-10:30 AM	GROOVE - Jami
9:30-10:30 AM	SILVER FITNESS - Aimee
6:00-7:00 PM	TABATA - Tammy
7:00-7:45 PM	WERQ - Tammy

TUESDAY 10/26

9:00-10:00 AM	YOGA - Jami
10:00-11:00 AM	CHAIR YOGA - Jami

WEDNESDAY 10/27

8:30-9:30 AM	BOOM MOVE - Aimee
9:30-10:30 AM	GENTLE STRETCH - Aimee
6:00-7:00 PM	CARDIO SCULPT - Tammy
7:00-7:45 PM	YOGAFIT - Tammy

THURSDAY 10/28

9:00-10:00 AM	STRENGTH - Jami
10:00-11:00 AM	GENTLE YOGA - Jami

FRIDAY 10/29

8:30-9:30 AM	BOOM MOVE - Aimee
9:30-10:30 AM	GENTLE STRETCH - Aimee

SATURDAY 10/30

9:30-10:30 AM	URBAN KICK - Tammy
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**PLEASE BE SURE TO CHECK IN AT THE
FRONT DESK PRIOR TO CLASS**

BYRON TOWNSHIP RECREATION
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