


# SPOOKTACULAR GROUP EXERCISE SCHEDULE

## THURSDAY, OCTOBER 31ST

GROUP EXERCISE SCHEDULE		LAP POOL SCHEDULE	
5:30 - 6:30 am Body Pump - Amy P			9:00 - 9:50 am ARTHRITIS: Wicked Water Witches - Mary R
6:00 - 7:00 am Cycle: Ghost Ride - Michelle O			9:00 - 10:00 am Aqua: Ghouling Pool Party - Carl
8:00 - 9:00 am Gentle Yoga - Marlene			10:00 - 10:50 am ARTHRITIS: Wicked Water Witches - Mary R
8:00 - 8:25 am Candy Crushing Core - Amy W			11:00 - 11:50 am ARTHRITIS: Wicked Water Witches - Mary R
8:30 - 9:15 am Wicked Shockwave - Amy W			
9:15 - 10:00 am Cycle: Haunted Hills- Melissa			
9:30 - 10:25 am Boo Barre Boot Camp - Janine			5:30 - 6:20 pm ARTHRITIS: Spooky Splash Bash - Terry
9:30 - 10:25 am Phantom of Pilates - Joy			
10:30 - 11:30 am Spooky Sport Jam Body Pump - Joy			6:30 - 7:30 pm Fibro: Devil Made Me Do It - Lisa
11:30 am - 12:45 pm Restorative Yoga - Marlene			
11:35 am - 12:30 pm (AOA) Sweets & Sweat Strength & Balance - Lory			
1:00 - 2:00 pm Hall-O-Ween Yoga Basics - Marjorie			
4:30 - 5:15 pm Candy Crusher Sculpt & Core - Taylor			
5:25 - 6:25 pm Petrifying Pilates - Michelle F			
6:35 - 7:50 pm Hatha Yoga - Steve P			

**CODES:**  
● Cycle Studio  
● Main Studio  
● Track  
○ Mind/Body Studio  
● Banquet Room  
 AOA - Active Older Adult  
 RF - Registration Fee

**CODES:**  
● Main Pool  
● Warm Water Pool  
● RF - Registration Fee  
○ Banquet Room  
● AOA - Active Older Adult  
● RF - Registration Fee

