



FITNESS CLASSES OCTOBER 2018 YOGA, SPIN, Strength

MONDAY 8:00-8:55am <ul style="list-style-type: none">• INTERVAL/STRENGTH w Jody	TUESDAY 9:00-10:15am <ul style="list-style-type: none">• PILATES FUSION w Ruslana
MONDAY 9:00-9:55am <ul style="list-style-type: none">• YOGA w Svetlana	TUESDAY 10:15-11:15am <ul style="list-style-type: none">• STRENGTH/COND w Elizabeth
MONDAY 6:00-6:55pm <ul style="list-style-type: none">• EVENING YOGA w Svetlana	TUESDAY 5:00-6:00pm <ul style="list-style-type: none">• SUPER SPIN w Arin
WEDNESDAY 8:00-8:55am <ul style="list-style-type: none">• INTERVAL/STRENGTH w Jody	THURSDAY 8:00-8:55am <ul style="list-style-type: none">• OPEN
WEDNESDAY 9:00-9:55am <ul style="list-style-type: none">• YOGALATES w Svetlana	THURSDAY 9:00-10:15am <ul style="list-style-type: none">• PILATES FUSION w Ruslana
WEDNESDAY 6:00-6:55pm <ul style="list-style-type: none">• EVENING YOGA w Svetlana	THURSDAY 10:15-11:15am <ul style="list-style-type: none">• STRENGTH/COND w Elizabeth
FRIDAY 8:00-8:55am <ul style="list-style-type: none">• HIIT (Interval Training) w Jody	SATURDAY 11:00-11:55am <ul style="list-style-type: none">• YOGALATES w Svetlana
FRIDAY <ul style="list-style-type: none">• OPEN	SATURDAY <ul style="list-style-type: none">• OPEN
FRIDAY <ul style="list-style-type: none">• OPEN	SATURDAY <ul style="list-style-type: none">• OPEN

NOTES/ANNOUNCEMENTS: Please welcome fitness instructor and personal trainer Elizabeth Obenchain to the Country Club at Woodmoor. She will be teaching strength training classes Tues/Thur at 10:15am.

