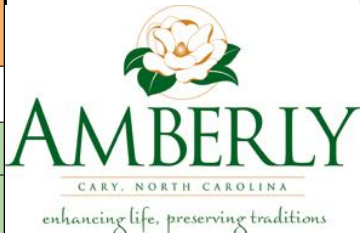


Amberly Wellness Schedule -October 2021

Amberly Wellness Schedule -October 2021										
	Sun	Mon	Tues	Wed	Thurs	Fri	Sat			
6:30 AM	FACILITY CLOSED	CardioCombo Alli					CardioCombo Alli		FACILITY CLOSED	
7:15 AM										
8:00 AM	Basketball Club				Yoga Stephen		Yoga Stephen			
9:00 AM				Kickbox Judy		Cardio Core Judy				
9:30 AM		Cardio Combo Marianne		Yoga/Terri	Cardio Dance Jenn	NEW! Core & More Marianne		Cardio Combo Jenn	NEW! Strength & Balance Jenn	
10:00 AM	Badminton Club 10-12pm								ZumbaTone Marissa	Circuit Alli
10:30 AM		Yoga/Stef					Stretch & Flex			
12:00 PM	Pickleball 12-2 PM	11:45am Power UP								
4:00 PM		Teen Sport Conditioning Monique 45 min.			Teen Sport Conditioning Monique 45 min.		Soccer Shots ages 3-5 (fee)			
4:30 PM				Teen Personal Trng Trevor (fee)				Teen Personal Trng Trevor (fee)		
4:45 PM							Soccer Shots ages 3-5 (fee)			
5:00 PM								Teen Volleyball and Badminton		
5:30 PM		Adult Agility Monique 45 min.		Boot Camp Trevor 45 min	Yoga Sarah		Boot Camp Trevor 45 min	Yoga Sarah		
5:45 PM										
6:00 PM			Ballroom Dance Club							
6:30 PM		Line Dance Club				HITT / Alli	Zumba Marissa			
6:45 PM		Zumba Tracey	Zumba Tracey	Adult Per. Trng sm grp Trevor (fee)	Zumba/Marissa		Adult Per. Trng sm grp Trevor (fee)			
7:00 PM										
7:45 PM			Adult Volleyball Club		Badminton Club			Soccer Club		
Instructor	Class	Zoom ID	Passcode		Instructor	Class Name	Zoom ID	Passcode	COLOR CODING GUIDE	
Judy	Kbox/Cardio	389 894 927	JudyCardio		Stef	Power Up!	713 1861 6775	powerup	Virtual class	
Marissa	Zumba	982 3636 2361	Dance		Stephen	Yoga class	265 486 548	Amberly	In Person Class or Club	
Marissa	Zumba/Tone	968 8922 4458	Toning		Tracey	Zumba class	899 769 3996	ZUMBA		