

October 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 5:30pm Gentle Yoga with Kim	2 9am Zumba Gold Chair 10am Zumba toning	3 5pm Aqua Zumba	4	5
6	7 6PM Zumba 7PM Strength	8 5:30pm Gentle Yoga with Kim	9 9am Zumba Gold Chair 10am Zumba toning	10 5pm Aqua Zumba	11 9am Zumba for all Chair/Stand	12
13	14 6PM Zumba 7PM Strength	15 5:30pm Gentle Yoga with Kim	16 9am Zumba Gold Chair 10am Zumba toning	17 5pm Aqua Zumba	18 9am Zumba for all Chair/Stand	19
20	21 6PM Zumba 7PM Strength	22 5:30pm Gentle Yoga with Kim	23 9am Zumba Gold <small>In sanctuary</small> NO Zumba Toning Class	24 5pm Aqua Zumba	25 9am Zumba for all Chair/Stand	26
27	28 6PM Zumba 7PM Strength	29 5:30pm Gentle Yoga with Kim	30 9am Zumba Gold Chair 10am Zumba toning	31		

JUST A NOTE- Sometime around October 6, Tammys Grand baby #4 will be born and I will be going to see him, so watch emails for changes