

# Class Calendar

## October 2020

A.M. Classes

P.M. Classes

Monday	Tuesday	Wednesday	Thurs.	Friday	Saturday	Sunday
6:00-6:30 <b>Power Half Hour—Zoom</b> Steph (Starts Oct. 12th)	5:30-6:15 <b>Indoor Cycling</b> Ann		5:30-6:30 <b>Indoor Cycling</b> Jim			
8:00-8:30 <b>Gentle Yoga</b> Alyssa			8:15-9:00 <b>Body Blast</b> Amy			
	9:00-9:30 <b>Walk this Weigh</b> Kristin	9:00-9:30 <b>Functional Fitness</b> Steph				
11:30-1:00 <b>RSB</b> Steph/Justin (Starts Oct. 12th)	11:30-1:00 <b>RSB</b> Steph/Kristin (Starts Oct. 13th)	11:15-11:45 <b>SilverSneakers</b> Kristin	11:30-1:00 <b>RSB</b> Steph/Justin (Starts Oct. 15th)	11:15-11:45 <b>SilverSneakers</b> Steph	<p>*Classes are indoors and possibly outdoors weather dependent. *Mask are required in the facility. *For Zoom classes please provide your email to frankenmuthfitness@gmail.com. *All classes, except Tai-chi, are free to member, but non-members can drop in for \$5. *Tai-chi is FREE for new attendees the first class. *New (temporary) hours of operation—see below!</p>	
		1:30-3:00 <b>Tai-chi</b> Sifu Colman				
5:30-6:00 <b>HIIT/ Backyard Bootcamp</b> Amberly			5:30-6:15 <b>Indoor Cycling</b> Ann (no class October 1st)			

Hours ~ Mon-Thursday: 5-11AM & 3-9pm. Fri: 5-11am & 2-8pm. Sat: 8am-2pm. Sun: CLOSED.