







# October 2022 Group Exercise Schedule



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<p><b>Non-member drop-in rate is only \$5!</b>  <b>And, your very first class is FREE!</b></p>	<p><a href="http://www.progressfitnesspa.com">www.progressfitnesspa.com</a>            717-972-0322            2201 Paxton Church Road</p>				<p><b>1</b> 8:00 am Step- Vickie</p>
<p><b>2</b> 8:15 am Cycling- Liza</p> <p>* 45-minute class</p>	<p><b>3</b> 9:15 am Boot Camp Vickie</p>	<p><b>4</b> 9:30 am Zumba®* - Paula  5:30 pm Yoga- Sharon 6:30 pm Zumba®- Kristen</p>	<p><b>5</b> 5:30 am Cycling - Ilene 9:15 am Tabata &amp; Toning- Liza  5:15 pm Cycling- Cara 6:15 pm Belly Dancing- Clarissa</p>	<p><b>6</b> 10:00 am Mat Pilates Elaine 11:15 am Line Dancing (intermediate) Jackie  5:45 pm Line Dancing* (beginner) <b>Canceled</b> 6:30 pm Zumba®- Joy</p>	<p><b>7</b> 9:00 am Yoga- Marty <b>Canceled</b> 10:30 am Line Dancing (advanced) Liza</p>	<p><b>8</b> 8:00 am Step- Vickie</p>
<p><b>9</b> 8:15 am Cycling- Liza</p>	<p><b>10</b> 9:15 am Boot Camp Vickie</p>	<p><b>11</b> 9:30 am Zumba®* - Paula  5:30 pm Yoga- Sharon 6:30 pm Zumba®- Kristen</p>	<p><b>12</b> 5:30 am Cycling - Cara 9:15 am Tabata &amp; Toning- Liza  5:15 pm Cycling- Ilene 6:15 pm Belly Dancing- Clarissa</p>	<p><b>13</b> 10:00 am Mat Pilates <b>Canceled</b> 11:15 am Line Dancing (intermediate) Jackie  5:45 pm Line Dancing* (beginner) Liza 6:30 pm Zumba®- Joy</p>	<p><b>14</b> 9:00 am Yoga- Marty (virtual &amp; in-person) 10:30 am Line Dancing (advanced) Liza</p>	<p><b>15</b> 8:00 am Step- Vickie</p>
<p><b>16</b> 8:15 am Cycling- Liza</p>	<p><b>17</b> 9:15 am Boot Camp Vickie</p>	<p><b>18</b> 9:30 am Zumba®* - Paula  5:30 pm Yoga- Sharon 6:30 pm Zumba®- Kristen</p>	<p><b>19</b> 5:30 am Cycling - Cara 9:15 am Tabata &amp; Toning- Liza  5:15 pm Cycling- Ilene 6:15 pm Belly Dancing- Clarissa</p>	<p><b>20</b> 10:00 am Mat Pilates Elaine 11:15 am Line Dancing (intermediate) Jackie  5:45 pm Line Dancing* (beginner) Liza 6:30 pm Zumba®- Joy</p>	<p><b>21</b> 9:00 am Yoga- Marty (virtual &amp; in-person) 10:30 am Line Dancing (advanced) Liza</p>	<p><b>22</b> 8:00 am Step- Vickie</p>
<p><b>23</b> 8:15 am Cycling- Liza</p> <p><b>30</b> 8:15 am Cycling- Liza</p>	<p><b>24/31</b> 9:15 am Boot Camp Vickie</p> 	<p><b>25</b> 9:30 am Zumba®* - Paula  5:30 pm Yoga- Sharon 6:30 pm Zumba®- Joy</p>	<p><b>26</b> 5:30 am Cycling - Cara 9:15 am Tabata &amp; Toning- Liza  5:15 pm Cycling- Ilene 6:15 pm Belly Dancing- Clarissa</p>	<p><b>27</b> 10:00 am Mat Pilates Elaine 11:15 am Line Dancing (intermediate) Jackie  5:45 pm Line Dancing* (beginner) Liza 6:30 pm Zumba®- Kristen</p>	<p><b>28</b> 9:00 am Yoga- Marty (virtual &amp; in-person) 10:30 am Line Dancing (advanced) Liza</p>	<p><b>29</b> 8:00 am Step- Vickie</p>