

Wet N' Sweat Pass:

\$4 per class

\$50 per 20 class punch pass

\$30 per unlimited monthly pass, unless stated

October Group Exercise

Schedules are subject to change
Warrensburg Community Center
747-7178

You can use your wet n' sweat pass to take
land and water exercise classes at the WCC.
See other side for Aquacise schedule.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 9:00 am – Yoga Flow – Kari
3 4:30 pm – Boot Camp – Josh 5:30pm – Power Yoga – Kari 6:45 pm – Turbo Kick Boxing – Beth 7:45 pm – Zumba - Laura	4 5:15 pm – Spinning – Sherri 6:30 pm – Yoga Flow	5 12:10 pm – Tone-n-Tighten – Sherri 5:30 pm – Spinning – Carly 6:45 pm – Turbo Kick Boxing – Beth	6 5:30 pm – Gentle Yoga – Kari 6:30 pm – Spinning - Sherri 7:45pm – Zumba – Laura	7 9:00 am – Spinning - Carly	8 CLOSED
10 4:30 pm – Boot Camp – Josh 5:30pm – Power Yoga – Kari 6:45 pm – Turbo Kick Boxing – Beth 7:45 pm – Zumba - Laura	11 5:15 pm – Spinning – Sherri 6:30 pm – Yoga Flow	12 12:10 pm – Tone-n-Tighten – Sherri 5:30 pm – Spinning – Carly 6:45 pm – Turbo Kick Boxing – Beth	13 5:30 pm – Gentle Yoga – Kari 6:30 pm – Spinning - Sherri 7:45pm – Zumba – Laura	14 9:00 am – Spinning - Carly	15 9:00 am – Yoga Flow – Kari
17 4:30 pm – Boot Camp – Josh 5:30pm – Power Yoga – Kari 6:45 pm – Turbo Kick Boxing – Beth 7:45 pm – Zumba - Laura	18 5:15 pm – Spinning – Sherri 6:30 pm – Yoga Flow	19 12:10 pm – Tone-n-Tighten – Sherri 5:30 pm – Spinning – Carly 6:45 pm – Turbo Kick Boxing – Beth	20 5:30 pm – Gentle Yoga – Kari 6:30 pm – Spinning - Sherri	21 9:00 am – Spinning - Carly	22 9:00 am – Yoga Flow – Kari
24 4:30 pm – Boot Camp – Josh 5:30pm – Power Yoga – Kari 6:45 pm – Turbo Kick Boxing – Beth 7:45 pm – Zumba - Laura	25 5:15 pm – Spinning – Sherri 6:30 pm – Yoga Flow	26 12:10 pm – Tone-n-Tighten – Sherri 5:30 pm – Spinning – Carly 6:45 pm – Turbo Kick Boxing – Beth	27 5:30 pm – Gentle Yoga – Kari 6:30 pm – Spinning - Sherri 7:45pm – Zumba – Laura	28 9:00 am – Spinning - Carly	29 9:00 am – Yoga Flow – Kari
31 4:30 pm – Boot Camp – Josh 5:30pm – Power Yoga – Kari 6:45 pm – Turbo Kick Boxing – Beth 7:45 pm – Zumba - Laura					