

OCTOBER 2017 POWER UP SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
2 5:15a Step Circuit 8:15a Simply Stretch 5:30p Dance Fit	3 8:15a Fit in 50-Strength 9:30a Silver Sneakers 4:15p Piyoga 5:30p Mary's Muscle Mix	4 5:15a H.I.I.T. 8:15a Arms & Abs Butts & Guts 10:30a Aqua Fitness 5:30p Getting Down w/Judy Brown	5 8:15a Fit in 50-Cardio 9:30a Silver Sneakers 4:30p Dance Fit/Barre 5:30p Tabata	6 5:15a BLT 8:15a Yoga w/Tiffany	7 7:00a H.I.R.T. 7:30a Waisted
9 5:15a Kickbox Interval 8:15a Simply Stretch 5:30p Dance Fit	10 8:15a Fit in 50-Strength 9:30a Silver Sneakers 4:15p Piyoga 5:30p Mary's Muscle Mix	11 5:15a H.I.I.T. 8:15a Arms & Abs Butts & Guts 10:30a Aqua Fitness 5:30p POUND	12 8:15a Fit in 50-Cardio 9:30a Silver Sneakers 4:30p Dance Fit/Barre 5:30p Tabata	13 5:15a Cardio Ball 8:15a Gentle Yoga	14 7:00a H.I.R.T. 7:30a Waisted 8:15a Tabata
16 5:15a Jen's Fit Mix 8:15a Simply Stretch 5:30p Dance Fit	17 8:15a Fit in 50-Strength 9:30a Silver Sneakers 4:15p Piyoga 5:30p Barbell City	18 5:15a H.I.I.T. 8:15a Arms & Abs Butts & Guts 10:30a Aqua Fitness 5:30p Mary's Muscle Mix	19 8:15a Fit in 50-Cardio 9:30a Silver Sneakers 4:30p 50/50 w/Mary 5:30p Tabata	20 5:15a Body Bar 8:15a Gentle Yoga	21 7:00a H.I.R.T. 7:30a Waisted 8:15a Kickboxing
23 5:15a Pump It Up 8:15a Simply Stretch 5:30p Dance Fit	24 8:15a Fit in 50-Strength 9:30a Silver Sneakers 4:15p Piyoga 5:30p Barbell City	25 5:15a H.I.I.T. 8:15a Arms & Abs Butts & Guts 10:30a Aqua Fitness 5:30p POUND	26 8:15a Fit in 50-Cardio 9:30a Silver Sneakers 4:30p Dance Fit/Barre 5:30p Tabata	27 5:15a Interval 8:15a Gentle Yoga	28 7:00a H.I.R.T. 7:30a Waisted 8:15a Dance Fit/Barre
30 5:15a Cardio Fusion 8:15a Simply Stretch 5:30p Dance Fit	31 8:15a Fit in 50-Strength 9:30a Silver Sneakers 4:15p Piyoga 5:30p Barbell City		ULTIMATE FITNESS PLUS 425 S. Lincoln Dr. Troy, MO 63379 (636) 528-4227		STAFFED HOURS: Mon.-Thurs. 8a-7:30p Fri. & Sat. 8a-1p DAYCARE HOURS: Mon.-Fri. 8a-10a Saturday 7a-10a Mon.-Thurs. 4p-7p