

October 2017

All classes are complimentary for our Inverness Anytime Fitness members.
 Guest Anytime Fitness members may pay \$5 per class to participate.
 Guests may pay \$10 per class to participate.



Anytime Fitness Inverness
 345 E Highland Blvd
 Inverness, FL 34452
 352-400-4894

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
2 Silver & Fit 9:00am Zumba 10:00am (Chandra) Tai Chi 11:00am (Sharon) Strong HIIT 5:30pm (Christine)	3 Zumba 9:30am (Chandra) Pump 10:30am (Marilynne) Equipment Orientation 11:30am(JK)	4 Silver & Fit 8:30am Cardio Abs 9:30am(Marilynne) Tabata 10:30am(Marilynne)	5 Tai Chi 8:30am (Sharon) Zumba 9:30am (Marilynne) Pump 10:30am (Marilynne) Strong HIIT 5:30pm (Christine)	6 Senior Fit Advanced 8:30am (Vickie) Cardio class 9:30am(Marilynne) Core Pilates 10:30am (Vickie)	7	8
9 Silver & Fit 9:00am Zumba 10:00am (Chandra) Tai Chi 11:00am (Sharon) Strong HIIT 5:30pm (Christine)	10 Zumba 9:30am (Chandra) Pump 10:30am (Marilynne) Equipment Orientation 11:30am(JK)	11 Silver & Fit 8:30am Cardio Abs 9:30am(Marilynne) Tabata 10:30am(Marilynne)	12 Tai Chi 8:30am (Sharon) Zumba 9:30am (Marilynne) Pump 10:30am (Marilynne) Strong HIIT 5:30pm (Christine)	13 Senior Fit Advanced 8:30am (Vickie) Cardio class 9:30am(Marilynne) Core Pilates 10:30am (Vickie)	14	15
16 Silver & Fit 9:00am Zumba 10:00am (Chandra) Tai Chi 11:00am (Sharon) Strong HIIT 5:30pm (Christine)	17 Zumba 9:30am (Chandra) Pump 10:30am (Marilynne) Equipment Orientation 11:30am(JK)	18 Silver & Fit 8:30am Cardio Abs 9:30am(Marilynne) Tabata 10:30am(Marilynne)	19 Tai Chi 8:30am (Sharon) Zumba 9:30am (Marilynne) Pump 10:30am (Marilynne) Strong HIIT 5:30pm (Christine)	20 Senior Fit Advanced 8:30am (Vickie) Cardio class 9:30am(Marilynne) Core Pilates 10:30am (Vickie)	21	22
23 Silver & Fit 9:00am Zumba 10:00am (Chandra) Tai Chi 11:00am (Sharon) Strong HIIT 5:30pm (Christine)	24 Zumba 9:30am (Chandra) Pump 10:30am (Marilynne) Equipment Orientation 11:30am(JK)	25 Silver & Fit 8:30am Cardio Abs 9:30am(Marilynne) Tabata 10:30am(Marilynne)	26 Tai Chi 8:30am (Sharon) Zumba 9:30am (Marilynne) Pump 10:30am (Marilynne) Strong HIIT 5:30pm (Christine)	27 Senior Fit Advanced 8:30am (Vickie) Cardio class 9:30am(Marilynne) Core Pilates 10:30am (Vickie)	28	29
30 Silver & Fit 9:00am Zumba 10:00am (Chandra) Tai Chi 11:00am (Sharon) Strong HIIT 5:30pm (Christine)	31 Zumba 9:30am (Chandra) Pump 10:30am (Marilynne) Equipment Orientation 11:30am(JK)	NOVEMBER 1 Silver & Fit 8:30am Cardio Abs 9:30am(Marilynne) Tabata 10:30am(Marilynne)	NOVEMBER 2 Tai Chi 8:30am (Sharon) Zumba 9:30am (Marilynne) Pump 10:30am (Marilynne) Strong HIIT 5:30pm (Christine)	NOVEMBER 3 Senior Fit Advanced 8:30am (Vickie) Cardio class 9:30am(Marilynne) Core Pilates 10:30am (Vickie)	04	05

Some changes to note this month: We now have Pilates on Friday at 10:30am with Vickie.

Christine's Strong HIIT class is now on Monday and Thursday at 5:30pm.

Sharon is home that means Tai Chi is back on the schedule on Monday at 11am and Thursday at 8:30am.