

# Open House Week 10/19-10/25 Church St

Sat	Sun	Mon	Tues	Wed	Thurs	Fri
8 AM Y Cycle Theme: Show Tunes	10 Am Kettlebell Training	9 AM Muscle & Stretch Theme: 80's	5:45 AM Y-Cycle Theme: Baby! Baby!	5:45 AM Y-Cycle Theme: Baby! Baby!	9:30 AM Y-Cycle Theme: Halloween	5:45 AM Y Cycle Theme: Summer fades to Fall
9:30 AM Zumba Theme: Island Time	11:15 AM Y Cycle Theme: British Invasion	9:30 AM Y Cycle Theme: P!nk & Beyonce	9:30 AM Y-Cycle Theme: Rap	8:30 AM Total Body HIIT Theme: Elvis	9:30 AM Y-Cycle Theme: Rap	9:30 AM Y Cycle Theme: P!nk & Beyonce
10:40 AM Flow Yoga Theme: Halloween	12 PM Vertimax Demo	10 AM Keeping Fit Theme: '80s	10:30 AM Have a Ball Theme: Rap	10 AM Keeping Fit Theme: '80s	10 AM Thi Chi Theme: Disco Kung Fu Western	9 AM Body Weight Bootcamp & Stretch Theme: '90s
11 AM Fall Fest	1 PM Circuit Training	11 AM Functional Movement Assessment	11 AM Functional Movement Assessment	10 AM Zumba Theme: '90s	10:30 AM Have a Ball Theme: Rap	10 AM Keeping Fit Theme: '80s
12 PM Functional Movement Assessment		11 AM Pilates Theme: Disney Princess	4 PM Circuit Training	11 AM Pilates Theme: Disney Princess	11 AM Functional Movement Assessment	11 AM Functional Movement Assessment
3 PM Vertimax Demo		11 AM Stronger Theme: 50's/60's Dance Party	5 PM Flow Yoga Theme: Grounding Autumn Sequencing	12 PM Functional Movement Assessment	1 PM Myofascial Release	5:30 PM Flow Yoga Theme: Taylor Swift & Friends
		11 AM Functional Movement Assessment	5:30 PM Basketball Intro (ages 3-12)	2:30 PM Newton Public Library	4:30 PM Soccer Intro (ages 3-10)	6 PM Zumba Theme: Fierce Females Friday
		1 PM Kettlebell Training	6 PM Y-Cycle Theme: one name artists	3 PM Circuit Training	5:30 PM Zumba Theme: Total Throwback Thursday	
		1 PM Circuit Training	6:15 PM Cardio & Sculpt Theme: Halloween	3 PM Camp Crafts	7 PM Musical Conditioning Theme: disco mania!	
		5:30 PM CardioSculpt Theme: Rainbow Brite	7 PM Musical Conditioning Theme: disco mania!	6 PM Inferno Pilates Theme: 90's	7:15 PM Y-Cycle Theme: Campaign Songs	
		7 PM Zumba Theme: Chinese Pop		6 PM Zumba Theme: Neon Night		
		6:45 PM Inferno Pilates Theme: 90's		7:15 PM Y-Cycle Theme: Zedd		

