

# October 2025



Sunday 11am-9pm	Monday 5am - 9pm	Tuesday 5am - 9pm	Wednesday 5am - 9pm	Thursday 5am - 9pm	Friday 5am - 9pm	Saturday 8am - 4pm
<b>IMPORTANT ANNOUCEMENTS:</b> <ul style="list-style-type: none"> <li>• <b>TRX is done until the summer.</b></li> <li>• <b>No Primetime or MegaFit on Oct 3rd, 20th,22nd,24th,31st.</b></li> <li>• <b>No Super fit senior and Strength &amp; Balance on Oct 2nd,7th,9th. No Yoga 4th,21st,25th.</b></li> <li>• <b>No Pilates &amp; Barre on Oct 3rd, 17th and 31st.</b></li> </ul>			<b>1</b> 9:00am-MegaFit-RPC 7:00pm- Pound Fitness 3:45pm- Cardio Tone	<b>2</b> 9:00am- Pilates 6:00pm- Yoga 7:00pm- Bootcamp  <b>No TRX, Senior strength &amp; Balance and Super Fit Senior</b>	<b>3</b>   <b>No Prime Fitness &amp; MegaFit and Pilates &amp; Barre</b>	<b>4</b>   <b>No Yoga</b>
<b>5</b>	<b>6</b> 7:30am- Primetime 9:00am-MegaFit 3:45pm- Strengthen & Stretch 6:00pm- Yoga	<b>7</b> 9:00am- Pilates 6:00pm- Yoga 6:00pm- Barre 7:00pm- Bootcamp <b>No TRX, Senior strength &amp; Balance and Super Fit Senior</b>	<b>8</b> 9:00am-MegaFit-RPC 7:00pm- Pound Fitness 3:45pm- Cardio Tone	<b>9</b> 9:00am- Pilates 6:00pm- Yoga 7:00pm- Bootcamp  <b>No TRX, Senior strength &amp; Balance and Super Fit Senior</b>	<b>10</b> 7:30am- Primetime 8:30am-MegaFit 3:45pm- Pilates & Barre	<b>11</b> 8:10am- POUND unplugged 9:00am- Yoga
<b>12</b>	<b>13</b> 7:30am- Primetime 9:00am-MegaFit 3:45pm- Strengthen & Stretch 6:00pm- Yoga	<b>14</b> 8:00am- Super Fit Senior 9:00am- Pilates 9:00am- Senior strength 6:00pm- Yoga 6:00pm- Barre 7:00pm- Bootcamp  <b>No TRX</b>	<b>15</b> 9:00am-MegaFit-RPC 7:00pm- Pound Fitness 3:45pm- Cardio Tone	<b>16</b> 8:00am- Super Fit Senior 9:00am- Pilates 9:00am- Senior strength & Balance 6:00pm- Yoga 7:00pm- Bootcamp  <b>No TRX</b>	<b>17</b> 7:30am- Primetime 8:30am-MegaFit   <b>No Pilates &amp; Barre</b>	<b>18</b> 9:00am- Yoga
<b>19</b>	<b>20</b> 3:45pm- Strengthen & Stretch 6:00pm- Yoga   <b>No Prime Fitness, MegaFit</b>	<b>21</b> 8:00am- Super Fit Senior 9:00am- Pilates 9:00am- Senior strength 7:00pm- Bootcamp  <b>No TRX ,Yoga and Barre</b>	<b>22</b> 7:00pm- Pound Fitness 3:45pm- Cardio Tone   <b>No MegaFit</b>	<b>23</b> 8:00am- Super Fit Senior 9:00am- Pilates 9:00am- Senior strength & Balance 6:00pm- Yoga 7:00pm- Bootcamp  <b>No TRX</b>	<b>24</b> 3:45pm- Pilates & Barre   <b>No Prime Fitness, MegaFit</b>	<b>25</b> 8:10am- POUND unplugged   <b>No Yoga</b>
<b>26</b>	<b>27</b> 7:30am- Primetime 9:00am-MegaFit 3:45pm- Strengthen & Stretch 6:00pm- Yoga	<b>28</b> 8:00am- Super Fit Senior 9:00am- Pilates 9:00am- Senior strength 6:00pm- Yoga 6:00pm- Barre 7:00pm- Bootcamp  <b>No TRX</b>	<b>29</b> 9:00am-MegaFit-RPC 7:00pm- Pound Fitness 3:45pm- Cardio Tone	<b>30</b> 8:00am- Super Fit Senior 9:00am- Pilates 9:00am- Senior strength & Balance 6:00pm- Yoga 7:00pm- Bootcamp  <b>No TRX</b>	<b>31</b>   <b>No Prime Fitness, MegaFit and Pilates &amp; Barre</b>	

# October Fieldhouse Schedule

Sunday 11-9pm	Monday 5am - 9pm	Tuesday 5am - 9pm	Wednesday 5am - 9pm	Thursday 5am - 9pm	Friday 5am - 9pm	Saturday 8am - 4pm
<b>Important Announcements:</b> * In case of inclement weather Fall sports could be in Fieldhouse from 3-5 Monday-Friday. Please call the front desk to confirm.			<b>1</b> <b>4-6:30pm</b> – Fall Dance team practice. (4)	<b>2</b> <b>8-9am</b> Senior fitness(1) <b>4-6:30pm</b> – Fall Dance team practice. (4)	<b>3</b> <b>7:30-8:30am</b> Primetime (2) <b>8:30-9:30am</b> – MegaFit (2)	<b>4</b> <b>8:30am-10:30am</b> Fall Basketball practices (2)
<b>5</b>	<b>6</b> <b>7:30-8:30am</b> Primetime (2) <b>9-10am</b> – MegaFit (2) <b>3:30-5pm</b> – MS Activity Cub (2)	<b>7</b> <b>8-9am</b> Senior fitness (1) <b>3:30-5pm</b> – MS Activity Cub (2) <b>7:30-9pm</b> Basketball practices (2)	<b>8</b> <b>3:30-5pm</b> – MS Activity Cub (2) <b>6-9pm</b> Open Pickleball (1-3)	<b>9</b> <b>8-9am</b> Senior fitness(1) <b>3:30-5pm</b> – MS Activity Cub (2)	<b>10</b> <b>7:30-8:30am</b> Primetime (2) <b>8:30-9:30am</b> – MegaFit (2)	<b>11</b> <b>8:30am-10:30am</b> Fall Basketball practices (2)
<b>12</b>	<b>13</b> <b>7:30-8:30am</b> – Primetime (2) <b>9-10am</b> – MegaFit (2)	<b>14</b> <b>8-9am</b> Senior fitness (1)	<b>15</b> <b>6-9pm</b> Open Pickleball (1-3)	<b>16</b> <b>8-9am</b> Senior fitness(1)	<b>17</b> <b>7:30-8:30am</b> Primetime (2) <b>8:30-9:30am</b> – MegaFit (2)	<b>18</b>
<b>19</b> <b>5-9PM</b> Women's indoor volleyball (2,3)	<b>20</b> <b>7:30-8:30am</b> -Primetime (2) <b>9-10am</b> – MegaFit (2) <b>3:30-5pm</b> – MS Activity Cub (2)	<b>21</b> <b>8-9am</b> Senior fitness (1) <b>3:30-5pm</b> – MS Activity Cub (2)	<b>22</b> <b>3:30-5pm</b> – MS Activity Cub (2) <b>6-9pm</b> Open Pickleball (1-3)	<b>23</b> <b>8-9am</b> Senior fitness(1) <b>3:30-5pm</b> – MS Activity Cub (2)	<b>24</b> <b>7:30-8:30am</b> Primetime (2) <b>8:30-9:30am</b> – MegaFit (2)	<b>25</b>
<b>26</b>	<b>27</b> <b>7:30-8:30am</b> – Primetime (2) <b>9-10am</b> – MegaFit (2)	<b>28</b> <b>8-9am</b> Senior fitness (1)	<b>29</b> <b>6-9pm</b> Open Pickleball (1-3)	<b>30</b> <b>8-9am</b> Senior fitness(1)	<b>31</b> <b>7:30-8:30am</b> Primetime (2) <b>8:30-9:30am</b> – MegaFit (2)	