

# OCTOBER 2018

Mon	Tue	Wed	Thu	Fri	
<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>INSTRUCTORS:</b> (SEE BELOW)  <b>Cathy Kumar</b> Registered Yoga Teacher Yoga Alliance/ M.S. in Health & Wellness Promotion
Kickboxing 9:30a-10:30a Instructor: Tabby  Yoga 5:30p-7:00p Instructor: Cathy	Yoga 9:30a-10:30a Instructor: Tabby  <b>Y12SR:</b> <b>Yoga 12 Step Recovery</b> <b>5:30-7:00p</b> Instructor: Cathy	<b>Total Body in Ten</b> (A TEN EXERCISE CIRCUIT HITTING ALL MAJOR MUSCLE GROUPS) 9:30a-10:15a Instructor: Tabby	Yoga 9:30a-10:30a Instructor: Tabby	<b>TBC:</b> <b>TOTAL BODY CONDITIONING</b> 9:30a-10:30a Instructor: Tabby	
<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	
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<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	
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<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	
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<b>29</b>	<b>30</b>	<b>31</b>			
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**INSTRUCTORS:**  
(SEE BELOW)

**Cathy Kumar**  
Registered Yoga  
Teacher Yoga  
Alliance/ M.S. in  
Health &  
Wellness  
Promotion

**Tabby Horvath**  
ACE Certified  
Group Fitness  
Instructor  
/M.S. Human  
Wellness