



# OCTOBER FITNESS SCHEDULE

- To book your workout: [https://www.supersaas.com/schedule/Kids\\_America/Kids\\_America\\_Workouts](https://www.supersaas.com/schedule/Kids_America/Kids_America_Workouts)
- [WWW.KIDSAMERICA.ORG](http://WWW.KIDSAMERICA.ORG) 740-622-6657

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:00-5:45AM	Interval Mash Up		Partner Boxing		Interval Cycle/Strength	OCTOBER 3 9am Zumba Step 10:15am Mindful Flow	
7:30-8:15AM	Barre	Interval Cycle/Strength		Interval Mash UP		OCTOBER 10 9am Mash Up 10:15am Mindful Flow	
3:00-4:00PM						OCTOBER 17 9am Country HEAT! 10:15am Mindful Flow	Power Yoga
3:45-4:25PM	Interval Cycle		Interval Cycle			OCTOBER 24 9am Outdoor Bootcamp 10:15am Mindful Flow	
4:35-5:30PM	Muscle Strength	Interval Cycle/Circuit	Core De Force/Kickboxing	Interval Cycle/Circuit		OCTOBER 31 9am Throwback Cardio 10:15am Mindful Flow	
5:45-6:30PM	Yoga	Country HEAT!	Cardio Throwback	Partner Boxing			
6:45-7:45PM	Step Aerobics	Zumba Step	Yoga	Align & Flow Yoga			

**CANCELLATION POLICY:** Please, cancel your workout at least 1 hour prior to start time. No shows are not acceptable. If 0 signed up an hour before class - canceled.

**Boxing:** You will maintain the same partner for the duration of the workout. We recommend you purchase your own gloves/pads set. Limited available. FUN!

**October 24 Bootcamp:** This will be held outdoors, if weather permits. Please bring a beach towel and water! Hard but FUN! Cardio/strength/run or walk