**OCTOBER 2016**

**STANTON HALL FITNESS**

26 Russell Road, Huntington, MA 01050

(413) 667- 3500 huntingtonma.us

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| SUNDAY2*(Tae Kwon Do Cancelled*) | MONDAY39:00 am Fitness5:30 pm StrengthTraining | TUESDAY45:30 pmZumba | WEDNESDAY59:00 amYoga | THURSDAY65:30 pmZumba | FRIDAY79:00 amFitness | *INSTRUCTORS:**ZUMBA**Cheryl Harper**413 623 6423* |
| 95 – 6 pmTae Kwon Do | 109:00 am Fitness5:30 pm StrengthTraining | 115:30 pmZumba | 129:00 amYoga | 135:30 pmZumba | 149:00 amFitness | *FITNESS/STRENGTH**Eileen Narad**413 667 8880* |
| 165 – 6 pmTae Kwon Do | 179:00 Fitness5:30 pm StrengthTraining | 185:30 pmZumba | 199:00 amYoga | 205:30 pmZumba | 218:30 am Fitness | *YOGA**Kat Peterson**413 667 3949* |
| 235 – 6 pmTae Kwon Do | 249:00 amFitness5:30 pmStrengthTraining | 255:30 pmZumba | 269:00 amYoga | 275:30 pmZumba | 289:00 amFitness | *TAE KWON DO**Shaun Wasserman**302 470 1163* |
| 305 – 6 pmTae Kwon Do | 319:00 am Fitness5:30 pmStrengthTraining | 15:30 pmZumba | 2 *(Yoga**Cancelled)* | 35:30 pmZumba | 49:00 amFitness |  |

DROP INS ALWAYS WELCOME!

Zumba, Yoga, & Fitness Classes $5.00 per session

Tae Kwon Do & Strength Training $10.00 per session.