**OCTOBER 2016**

**STANTON HALL FITNESS**

26 Russell Road, Huntington, MA 01050

(413) 667- 3500 huntingtonma.us

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| SUNDAY  2  *(Tae Kwon Do Cancelled*) | MONDAY  3  9:00 am Fitness  5:30 pm Strength  Training | TUESDAY  4  5:30 pm  Zumba | WEDNESDAY  5  9:00 am  Yoga | THURSDAY  6  5:30 pm  Zumba | FRIDAY  7  9:00 am  Fitness | *INSTRUCTORS:*  *ZUMBA*  *Cheryl Harper*  *413 623 6423* |
| 9  5 – 6 pm  Tae Kwon Do | 10  9:00 am Fitness  5:30 pm Strength  Training | 11  5:30 pm  Zumba | 12  9:00 am  Yoga | 13  5:30 pm  Zumba | 14  9:00 am  Fitness | *FITNESS/STRENGTH*  *Eileen Narad*  *413 667 8880* |
| 16  5 – 6 pm  Tae Kwon Do | 17  9:00  Fitness  5:30 pm Strength  Training | 18  5:30 pm  Zumba | 19  9:00 am  Yoga | 20  5:30 pm  Zumba | 21  8:30 am Fitness | *YOGA*  *Kat Peterson*  *413 667 3949* |
| 23  5 – 6 pm  Tae Kwon Do | 24  9:00 am  Fitness  5:30 pm  Strength  Training | 25  5:30 pm  Zumba | 26  9:00 am  Yoga | 27  5:30 pm  Zumba | 28  9:00 am  Fitness | *TAE KWON DO*  *Shaun Wasserman*  *302 470 1163* |
| 30  5 – 6 pm  Tae Kwon Do | 31  9:00 am  Fitness  5:30 pm  Strength  Training | 1  5:30 pm  Zumba | 2  *(Yoga*  *Cancelled)* | 3  5:30 pm  Zumba | 4  9:00 am  Fitness |  |

DROP INS ALWAYS WELCOME!

Zumba, Yoga, & Fitness Classes $5.00 per session

Tae Kwon Do & Strength Training $10.00 per session.