

# Group Fitness



## October 2024

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:15a - Spin Trish	8:00a - Body Pump SueAnn	8:00a Paddleboard Trish	5:15a - Spin Trish	8:00a - Step'N & Rep"N Trish	8:00a - Body Pump Bob
8:00a - Spin Trish	9:00a - Aqua Tabata Trish	9:00a - Pilates Myah	8:00a - Body Pump SueAnn	9:00a - Yoga Tami	9:00a - Aqua Zumba 10:30a - Zumba Joseph
9:00a - Yoga April	4:00p - BodyPump SueAnn	9:00a - Aqua Fit Trish	9:00a - Aquafit Trish	4:00p - Jiu Jitsu Youth Matt Bright	
9:00a - Aqua Fit Trish	4:30p - Aqua Zumba Joseph	10:15a - Active Agers Fitness Drumming Trish	4:00p - BodyPump SueAnn	5:30p - MMA Aaron Todd	
10:15a - Tai Chi Trish	5:30p - Body Pump Tonja	12:15p - RPM Tonja	5:30p - Body Pump Tonja		
5:30p - Body Pump Bob	6:30p - Jiu Jitsu Matt Bright	5:30p - Body Pump Bob	6:45p - Zumba Joseph		
6:45p - Zumba Joseph		6:45p - Zumba Joseph			
<b>Sunday</b>					
2:00p - Yoga Leigh-Ann					

### ZUMBA CLASSES

1st week ; 2nd, 3rd = Zumba Strong Nation - Saturday 5th NO Class  
 2nd week ; 7, 9, 10th = Zumba Fitness - Saturday 12th 30/30 - Zumba/Toning  
 3rd week ; 14, 16, 17th = Zumba Toning - Saturday 19th 30/30 - Zumba / Strong N.  
 4th week ; 21, 23, 24th, - Saturday 26th = Zumba Fitness  
 5th week ; 28, 30, 31st = 30/30 - Zumba/Toning

### "MOVING THROUGH THE DECADES"

For October, we will be celebrating a different decade each week. We will play music from those decades as well as complete popular workouts. Fitness "costumes" from those decades are encouraged!

Oct 1-6: 60s  
 Oct 7-13: 70s  
 Oct 14-20: 80s  
 Oct 21-27: 90s  
 Oct 28-31: 2000s-today

[sandmountainpark.com/groupfitness](http://sandmountainpark.com/groupfitness)

# OCTOBER

# 2024

## Jiu Jitsu/MMA Schedule

### Albertville BJJ @ SMPA!

If you're looking for a fun way to get in shape and learn to defend yourself at the same time, there's no better way than to start training Brazilian Jiu Jitsu! This is a form of grappling that will teach skills that are based on leverage and balance to be able to control or incapacitate someone if that situation was considered to be necessary. However, all training will be performed professionally and respectfully with everyone that participates! We're looking forward to seeing everyone join us on the mats at any of these classes!

ADULTS/ 16YRS&UP      YOUTH/ AGES 07-15



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 NO GI/6:45P	2 GI CLASS/5A	3	4 YOUTH/4P MMA/5:30P	5
6	7 NO CLASS THIS WEEK DUE TO REMODELING	8	9	10	11	12
13	14	15 NO GI/6:45P	16 GI CLASS/5A	17	18 YOUTH/4P MMA/5:30P	19
20	21	22 NO GI/6:45P	23	24	25 GI CLASS/5A YOUTH/4P MMA/5:30P	26
27	28	29 GI CLASS/5A NO GI/6:45P	30	31 HAPPY HALLOWEEN!		