

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Evolution Fitness Winfield Class Schedule for October 2018						
	1	2	3	4	5	6
	8 a.m. Move & Tone with Jeanne --- 9:30 a.m. R.I.P.P.E.D. Strength with Heather. 10:40 a.m. 30 minute Abs --- 6 p.m. Insanity with Mindy	8 a.m. REPS with Jeanne --- 9 a.m. Sampati Yoga with Jenny. --- 6 p.m. Boot Camp with Heather	8 a.m. Low Impact Aerobics with Jeanne --- 9:30 a.m. CORE DE FORCE with Mindy	8 a.m. Move & Tone with Jeanne --- 9:30 a.m. R.I.P.P.E.D. with Heather 10:40 a.m. 30 minute Abs with Heather --- 6 p.m. Core de Force with Mindy	8 a.m. REPS with Jeanne --- 9:30 a.m. Kettlebell with Courtney --- 10:25 a.m. 30 minute Butts and Guts with Courtney	Complimentary Guest Weekend 9:30 a.m. Bootcamp with Paul
7	8	9	10	11	12	13
Royal Family Kids Fall Frenzy at the Lake County Fairgrounds, 9 a.m. Complimentary Guest Weekend	8 a.m. Move & Tone with Jeanne --- 9:30 a.m. R.I.P.P.E.D. Strength with Heather. 10:40 a.m. 30 minute Abs (H) --- 6 p.m. Insanity with Mindy	8 a.m. REPS with Jeanne --- 6 p.m. Boot Camp with Heather	8 a.m. Low Impact Aerobics with Jeanne --- 9:30 a.m. CORE DE FORCE with Mindy	9:30 a.m. R.I.P.P.E.D. with Heather 10:40 a.m. 30 minute Abs with Heather --- 6 p.m. Extreme R.I.P.P.E.D. with Heather	9:30 Barre with Courtney --- 10:25 a.m. 30 minute Butts and Guts with Courtney	Complimentary Guest Weekend 9:30 a.m. Bootcamp with Pat
14	15	16	17	18	19	20
Complimentary Guest Weekend	9:30 a.m. R.I.P.P.E.D. Strength with Heather 10:40 a.m. 30 minute Abs (H) --- 6 p.m. Insanity with Mindy	8 a.m. REPS with Jeanne --- 9 a.m. Sampati Yoga with Jenn. --- 6 p.m. Boot Camp with Heather	9:30 a.m. Tabata with Courtney	8 a.m. Move & Tone with Jeanne --- 9:30 a.m. R.I.P.P.E.D. with Heather 10:40 a.m. 30 minute Abs with Heather --- 6 p.m. Core de Force with Mindy	8 a.m. REPS with Jeanne --- 9:30 a.m. Kettlebell with Courtney --- 10:25 a.m. 30 minute Butts and Guts with Courtney	<u>90 Minutes with Courtney</u> 9:30 a.m. Tabata 10:00 a.m. Strength 10:30 a.m. Abs Winfield Health Fair from 9 to 1 p.m. at Jerry Ross Elem. Cedar Lake Trunk-or-Treat from 10 a.m. to p.m.
21	22	23	24	27	26	27
Complimentary Guest Weekend	8 a.m. Move & Tone with Jeanne --- 9:30 a.m. R.I.P.P.E.D. Strength with Heather 10:40 a.m. 30 minute Abs (H) --- 6 p.m. Insanity with Mindy	8 a.m. REPS with Jeanne --- 9 a.m. Sampati Yoga with Jenny. --- 6 p.m. Boot Camp with Heather	8 a.m. Low Impact Aerobics with Jeanne --- 9:30 a.m. CORE DE FORCE with Mindy	8 a.m. Move & Tone with Jeanne --- 9:30 a.m. R.I.P.P.E.D. with Heather 10:40 a.m. 30 minute Abs with Heather --- 6 p.m. Extreme R.I.P.P.E.D. with Heather	8 a.m. REPS with Jeanne --- 9:30 a.m. Barre Burn II with Courtney --- 10:25 a.m. 30 minute Butts and Guts with Courtney	Complimentary Guest Weekend 9:30 a.m. Bootcamp with Heather Lowell Trick-or-Treating downtown at noon
28	29	30	31			
Complimentary Guest Weekend	8 a.m. Move & Tone with Jeanne --- 9:30 a.m. R.I.P.P.E.D. Strength with Heather 10:40 a.m. 30 minute Abs (H) --- 6 p.m. Insanity with Mindy	8 a.m. REPS with Jeanne --- 9 a.m. Sampati Yoga with Jenny. --- 6 p.m. Boot Camp with Heather	8 a.m. Low Impact Aerobics with Jeanne --- 9:30 a.m. CORE DE FORCE with Mindy Happy Halloween!			

