


OCTOBER 2018

210-C North Gamble St., Shelby, OH 44875 • 419-342-DEVA(3382) • Website: adevafit.com

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
	1 10:15 am Silver Sneakers at Sr. Center (Circuit) 11 am Silver Sneakers at Sr. Center (sticks) 7 pm Candlelight Yoga	2 9:15 am Silver Sneakers at Sr. Center (cardio) 10:15 am Silver Sneaker at Sr. Center (Chair Yoga) 5:15pm Yoga w/Vanessa 6:30 pm Zumba w/Amanda 7:30 pm Zumba w/Domi	3 10:15 am Silver Sneakers at Sr. Center (Circuit) 11 am Silver Sneakers at Sr. Center (sticks)	4 7:30 pm Zumba w/Domi	5 10:15 am Silver Sneakers at Sr. Center (circuit)	6 *8:00 am Zumba Step *9:30 am Buti Yoga	
7	8 10:15 am Silver Sneakers at Sr. Center (Circuit) 11 am Silver Sneakers at Sr. Center (sticks) 12:15 pm Corepower HIIT 5:15pm Corepower HIIT 7 pm Candlelight Yoga	9 9:15 am Silver Sneakers Sr. Center (Circuit) 10:15 am Silver Sneakers (Chair Yoga) 5:15 pm Yoga w/ Vanessa 6:30 pm Zumba w/Amanda 7:30 pm Zumba w/Domi	10 10:15 am Silver Sneakers at Sr. Center (Circuit) 11 am Silver Sneakers at Sr. Center (sticks) 12:15 pm Corepower HIIT 5:15 pm Corepower HIIT 6-7:30 pm 40 Days of Personal Revolution Workshop	11 6:30 pm Zumba w/ Amanda 7:30 pm Zumba w/Domi	12 10:15 am Silver Sneakers at Sr. Center (circuit)	13	
14	15 10:15 am Silver Sneakers at Sr. Center (Circuit) 11 am Silver Sneakers at Sr. Center (sticks) 5:15 pm Corepower HIIT 7 pm Candlelight Yoga	16 9:15 am Silver Sneakers at Sr. Center (cardio) 10:15 am Silver Sneaker at Sr. Center (Chair Yoga) 5:15pm Yoga w/Vanessa 7:30 pm Zumba w/Domi	17 10:15 am Silver Sneakers at Sr. Center (Circuit) 11 am Silver Sneakers at Sr. Center (sticks) 12:15 pm Corepower HIIT 5:15 pm Corepower HIIT 6-7:30 pm 40 Days of Personal Revolution Workshop	18 6:30 pm Zumba w/ Amanda 7:30 pm Zumba w/Domi	19 10:15 am Silver Sneakers at Sr. Center (circuit)	20 *8:00 am Zumba *9:30 am Buti Yoga	
21  2:00 pm Goat Yoga (pre-register) Westmeister's Barnyard	22 10:15 am Silver Sneakers at Sr. Center (Circuit) 11 am Silver Sneakers at Sr. Center (sticks) 12:15 pm Corepower HIIT 5:15pm Corepower HIIT	23 9:15 am Silver Sneakers at Sr. Center (cardio) 10:15 am Silver Sneaker at Sr. Center (Chair Yoga) 5:15pm Yoga w/Vanessa 6:30 pm Zumba w/Amanda 7:30 pm Zumba w/Domi	24 10:15 am Silver Sneakers at Sr. Center (Circuit) 11 am Silver Sneakers at Sr. Center (sticks) 12:15 pm Corepower HIIT 5:15 pm Corepower HIIT 6-7:30 pm 40 Days of Personal Revolution Workshop	25 6:30 pm Pop up Zumba with special Guest Instructor Dress up as your favorite Super Hero!	26 10:15 am Silver Sneakers at Sr. Center (circuit)	27 *7:30 pm Buti Glow Party (pre-register)	
28	29 10:15 am Silver Sneakers at Sr. Center (Circuit) 11 am Silver Sneakers at Sr. Center (sticks) 12:15 pm Corepower HIIT 5:15 pm Corepower HIIT 7 pm Candlelight Yoga	30 9:15 am Silver Sneakers at Sr. Center (cardio) 10:15 am Silver Sneaker at Sr. Center (Chair Yoga) 5:15pm Yoga w/Vanessa 6:30 pm Zumba w/Amanda 7:30 pm Zumba w/Domi	31 10:15 am Silver Sneakers at Sr. Center (Circuit) 11 am Silver Sneakers at Sr. Center (sticks) 12:15 pm Corepower HIIT 5:15 pm Corepower HIIT 6-7:30 pm 40 Days of Personal Revolution Workshop	*denotes specialty classes			