

"SPOOKTACULAR" SUPER SATURDAY!

OCTOBER 28TH
(FITCHBURG CLUB)

- ✓ *Experience the new Les Mills releases*
- ✓ *Sample our classes*
- ✓ *Enjoy smoothie samples*
- ✓ *Have FUN with your Pinnacle instructors!*

Costumes encouraged, but not required

Open to the public - BRING YOUR FRIENDS!

NOTE: Our 7:30a Cycle class WILL meet!

**ALL OTHER CLASSES ARE MODIFIED TO FIT THE
SCHEDULE BELOW:**

STUDIO 1:

8:00-8:20a BodyPump Intro

8:30-8:55a BodyPump #103

9:00-9:25a BodyStep #108

9:30-9:55a BodyCombat #73

10:00-10:25a CX Worx # 28

10:30-10:55a: Yoga 101*** *yoga mat recommended****

11:00-11:30a: Tai Chi (NEW!)

STUDIO 2:

8:00-8:25a: Insanity

8:30-8:55a: Zumba

9:00-9:25a: WERQ

9:30-9:55a: TRX Intro

10:00-10:25a: TRX

CYCLE STUDIO:

8:45-9:10a: Cycle Intro

9:15-9:45a: Cycle

**SPACE IS LIMITED! ALL CLASSES ARE FIRST COME, FIRST
SERVED. ARRIVE EARLY TO GUARANTEE YOUR SPOT!**