

Panzer Fitness Center



October 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 0900 Total Body Blast w/ Erica	2 0915 Yoga for Strength & Mobility w/ Robin	3 0900 Total Body Blast w/ Erica	4
6 0900 Total Body Blast w/ Erica	7 0915 Vinyasa Yoga w/ Robin	8 0900 Total Body Blast w/ Erica	9 0915 Yoga for Strength & Mobility w/ Robin	10 0900 Total Body Blast w/ Erica	11
13 Federal Holiday No Classes	14 0915 Vinyasa Yoga w/ Robin	15 0900 Total Body Blast w/ Erica	16 0915 Yoga for Strength & Mobility w/ Robin	17 0900 Total Body Blast w/ Erica	18
20 0900 Total Body Blast w/ Erica	21 0915 Vinyasa Yoga w/ Robin	22 0900 Total Body Blast w/ Erica	23 0915 Yoga for Strength & Mobility w/ Robin	24 0900 Total Body Blast w/ Erica	25
27 0900 Total Body Blast w/ Erica	28 0915 Vinyasa Yoga w/ Robin	29 0900 Total Body Blast w/ Erica	30 0915 Vinyasa Yoga w/ Robin	31 0900 Total Body Blast w/ Erica	Group Fitness Classes \$6/class or \$54 for 10 coupons