



Group Class Schedule

October 2024

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
30 10AM* Strength & Stretch w/ Ashley 6PM Zumba w/ Rhonda	October 1	● 2 10AM Gentle w/ Barbara	3 10:30AM Zumba w/ Rhonda 6:30PM Flow w/ Cathy [SUB] Rosh Hashanah	4 10AM Deep Dive w/ Cathy	5 10AM* Release & Restore w/ Ashley	6
7 10AM* Strength & Stretch w/ Jeremy 6PM Zumba w/ Rhonda	8 6:30PM* Slow Flow w/ Jeremy	9 10AM Gentle w/ Ashley [SUB]	● 10 10:30AM Zumba w/ Rhonda 6:30PM* Flow w/ Jeremy	11 10AM Deep Dive w/ Cathy	12 10AM* Flow w/ Jeremy 4:30PM Chili Cook-Off & Pie Contest Yom Kippur	13
14 10AM* Strength & Stretch w/ Jeremy 6PM Zumba w/ Rhonda Indigenous Peoples' Day	15 6:30PM* Slow Flow w/ Jeremy	16 10AM Gentle w/ Barbara	○ 17 10:30AM Zumba w/ Rhonda 6:30PM* Flow w/ Jeremy	18 10AM Deep Dive w/ Cathy	19 Special Event Baby Goat Yoga w/ Jeremy – Details on the Website	20
21 10AM* Strength & Stretch w/ Jeremy 6PM Zumba w/ Rhonda	22 6:30PM* Slow Flow w/ Jeremy	23 10AM Gentle w/ Barbara	● 24 10:30AM Zumba w/ Rhonda 6:30PM* Flow w/ Jeremy	25 10AM Deep Dive w/ Cathy	26 10AM* Flow w/ Jeremy	27
28 10AM* Strength & Stretch w/ Jeremy 6PM Zumba w/ Rhonda	29 6:30PM* Slow Flow w/ Jeremy	30 10AM Gentle w/ Barbara	31 10:30AM Zumba w/ Rhonda 6:30PM* Flow w/ Jeremy Halloween	● November 1 10AM Deep Dive w/ Cathy	2 10AM* Flow w/ Jeremy	3

* These classes can also be joined virtually via the livestream on Zoom

Visit <https://growandflow.co> for class registration and more information or call/text Jeremy at 865.272.4769 (GROW)