




October 2025-Andy's Aerobics

Blue = Knight Indoor Pool Red = Vanguard Gym. All other classes at Andy's Gym

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Membership is \$15 monthly for access to all classes Call 803-751-3700 for sign up information			1 10am Water Aer*** Noon—Zumba* 4pm Resist Ball* 5:30pm Zumba*	2 9:30am Crdo Combat* 4pm Waist/Up* 5:30pm Cir. Trng*	3 4pm Soul Cycle @ Vanguard Gym***	
5 10am Yoga w/Jim**	6 10am Water Aer*** 10:30am Strn Train 12pm Cardio Combat 4pm Cir Trn* 5pm Trail Ride*	7 9:30am Yoga* 10am Water Aer*** DIY 4pm Cardio Box*	8 10am Water Aer*** Noon—Zumba* 4pm Resist Ball* 5:30pm Zumba*	9 9:30am Crdo Combat* 4pm Waist/Up* 5:30pm Cir. Trng*	10 4pm Soul Cycle @ Vanguard Gym***	11 8:30am Yoga* 9am Virtual Walk On
12 10am Yoga w/Jim**	13 	14 9:30am Yoga* 10am Water Aer*** 4pm Cardio Box*	15 10am Water Aer*** Noon—Zumba* 4pm Resist Ball* 5:30pm Zumba*	16 9:30am Crdo Combat* 4pm Waist/Up* 5:30pm Cir. Trng*	17 4pm Soul Cycle @ Vanguard Gym***	18 8:30am Yoga* 9am Virtual Walk On
19 10am Yoga w/Jim**	20 10am Water Aer*** 10:30am Strn Train 12pm Cardio Combat 4pm Cir. Trng* 5pm Trail Ride*	21 9:30am Yoga* 10am Water Aer*** DIY 4pm Cardio Box*	22 10am Water Aer*** Noon—Zumba* 4pm Resist Ball* 5:30pm Zumba*	23 9:30am Crdo Combat* 4pm Waist/Up* 5:30pm Cir. Trng*	24 4pm Soul Cycle @ Vanguard Gym***	
26 10am Yoga w/Jim**	27 10am Water Aer*** 10:30am Strn Train 12pm Cardio Combat 4pm Cir. Trng* 5pm Trail Ride*	28 9:30am Yoga* 10am Water Aer*** 4pm Cardio Box*	29 10am Water Aer*** Noon—Zumba* 4pm Resist Ball* 5:30pm Zumba*	30 9:30am Crdo Combat* 4pm Waist/Up* 5:30pm Cir. Trng*	31 4pm Soul Cycle @ Vanguard Gym***	Calendar is subject to change