

Bullock
Septic Pumping
573-374-6688

CLARY
573-374-5100
CONCRETE

OCTOBER 2026

Group Fitness

WESTSIDE
FITNESS 24
Lake of the Ozarks
Sunrise Beach, MO

SUN	MON	TUE	WED	THU	FRI	SAT
 SUNRISE SOURDOUGH LLC Artisan Breads & Micro-Bakery PRE-ORDERS AVAILABLE 563-608-1276 Facebook: Sunrise Sourdough LLC Thank you for supporting local!	FSC - FUNCTIONAL STRENGTH AND CONDITIONING IS A 45 MIN. GROUP FITNESS CLASS FOR ALL AGES AND FITNESS LEVELS. BUFFY AND MEGAN COACH MOVEMENTS FOR A BETTER LIFE. INTRO TO FSC: 30 MIN, FOR ANYONE NEW TO GROUP FITNESS. STRETCH CLASS: FULL-BODY STRETCH TO IMPROVE MOBILITY & FLEXIBILITY.					
	5 FSC 8am Buffy FSC 9am Buffy Intro FSC Megan 10am	6 Cycling 8am Buffy Stretch 9am Kate NO YOGA	7 FSC 8am Buffy FSC 9am Buffy Intro FSC Megan 10am	1 Cycling 8:15am Buffy Stretch 9am Megan NO YOGA	2 STATIONS FSC 8am Buffy FSC 9am Buffy Intro FSC Megan 10am	3 YOGA-Stretch 8:45am Kiersten
 PIRATES POINT COM Chicago Bears Noon 3:30pm				8 Cycling 8:15am Buffy Stretch 9am Megan NO YOGA	9 STATIONS FSC 8am Megan FSC 9am Kate Intro FSC Megan 10am	10 YOGA-Stretch 8:45am Kiersten
 Tufts Electric, LLC "We Know The Drill!" Dock Inspections Dock Wiring Remodels Residential & Commercial Brian Tufts, Owner Cell: 373-480-1563 brian@tuftselectric.com www.tuftselectric.com	12 FSC 8am Buffy FSC 9am Buffy Intro FSC Megan 10am	13 NO Cycling Stretch 9am Kate YOGA 9:45am Colleen	14 FSC 8am Buffy FSC 9am Buffy Intro FSC Megan 10am	15 Cycling 8:15am Buffy Stretch 9am Megan YOGA 9:45am Colleen	16 STATIONS FSC 8am Buffy FSC 9am Buffy Intro FSC Megan 10am	17 YOGA-Stretch 8:45am Colleen
 18 Noon  3:30pm	19 FSC 8am Buffy FSC 9am Buffy Intro FSC Megan 10am	20 Cycling 8am Buffy Stretch 9am Kate YOGA 9:45am Colleen	21 FSC 8am Buffy FSC 9am Buffy Intro FSC Megan 10am	22 Cycling 8:15am Buffy Stretch 9am Megan YOGA 9:45am Colleen  Noon	23 STATIONS FSC 8am Buffy FSC 9am Buffy Intro FSC Megan 10am	24 YOGA-Stretch 8:45am Kiersten
 True Value HARDWARE STORES 573-374-9154  3:30pm	26 FSC 8am Buffy FSC 9am Buffy Intro FSC Megan 10am	27 Cycling 8am Buffy Stretch 9am Kate YOGA 9:45am Colleen	28 FSC 8am Buffy FSC 9am Buffy Intro FSC Megan 10am	29 Cycling 8:15am Buffy Stretch 9am Megan YOGA 9:45am Colleen	30 STATIONS FSC 8am Kate FSC 9am Kate Intro FSC Megan 10am	31 YOGA-Stretch 8:45am Kiersten 