

September 2019



Monday	Tuesday	Wednesday	Thursday	Friday
2 CLOSED FOR LABOR DAY!	3 5:30 – 6:15 a.m., Cardio/Weight Combo (B) 9:00 – 9:40 a.m., Groove 'N' Tone (P) 9:45 – 10:15 a.m., Barre (P) *1 – 2:00 p.m., The Climb (SN) *3:15 – 4:15 p.m., Weights & Mats (K) 5 – 5:45 p.m., Weights (HN) 6 – 6:45 p.m., Fit Yoga (HN)	4 5:30 – 6:15 a.m., Transform (ME) 9 – 9:40 a.m., Cycle 'N' Tone (P) 9 – 9:45 a.m., Total Fit (HN) 9:45 – 10:15 a.m., Pilates (P) 12 – 1:00 p.m., Beginner Yoga (ME) 5:30 – 6:15 p.m., ZUMBA® (HI) 6:20 – 7 p.m., Strength Training (HI)	5 5:30 – 6:15 a.m., Tabata (B) 8 – 8:55 a.m., Slow Yoga (ME) 9 – 9:40 a.m., Fitness Mix (P) 9:45 – 10:15 a.m., Core N' More (P) *11:30 – 12:30 p.m., The Climb (BO) *3:15 – 4:15 p.m., Weights & Mats (K) 6:00 – 6:45 p.m., ZUMBA® (HI)	6 5:30 – 6:20 a.m., PiYo® (ME) 9 – 9:40 a.m., Strength Training (P) 9:40 – 10:20 a.m., Pedal Power (P) 1 – 2 p.m., Fit Yoga (HN) 5:30 – 6:15 p.m., ZUMBA® (HI) 6:20 – 7 p.m., Strength Training (HI)
9 5:30 – 6:20 a.m., PiYo® (ME) 8:15 – 8:55 a.m., Strength Training (P) 9 – 9:40 a.m., Cardio Combo (P) 5:30 – 6:15 p.m., ZUMBA® (HI) 6:20 – 7 p.m., Strength Training (HI)	10 5:30 – 6:15 a.m., Cardio/Weight Combo (B) 9:00 – 9:40 a.m., Groove 'N' Tone (P) 9:45 – 10:15 a.m., Barre (P) *1 – 2:00 p.m., The Climb (SN) *3:15 – 4:15 p.m., Weights & Mats (K) 5 – 5:45 p.m., Weights (HN) 6 – 6:45 p.m., Fit Yoga (HN)	11 5:30 – 6:15 a.m., Transform (ME) 9 – 9:40 a.m., Cycle 'N' Tone (P) 9 – 9:45 a.m., Total Fit (HN) 9:45 – 10:15 a.m., Pilates (P) 12 – 1:00 p.m., Beginner Yoga (ME) 5:30 – 6:15 p.m., ZUMBA® (HI) 6:20 – 7 p.m., Strength Training (HI)	12 5:30 – 6:15 a.m., Tabata (B) 8 – 8:55 a.m., Slow Yoga (ME) 9 – 9:40 a.m., Fitness Mix (P) 9:45 – 10:15 a.m., Core N' More (P) *11:30 – 12:30 p.m., The Climb (BO) *3:15 – 4:15 p.m., Weights & Mats (K) 6:00 – 6:45 p.m., ZUMBA® (HI)	13 5:30 – 6:15 a.m., Pedal Power (B) 5:30 – 6:20 a.m., PiYo® (ME) 9 – 9:40 a.m., Strength Training (P) 9:40 – 10:20 a.m., Groove 'N' Tone (P) 1 – 2 p.m., Fit Yoga (HN) 5:30 – 6:15 p.m., ZUMBA® (HI) 6:20 – 7 p.m., Strength Training (HI)
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