



*New Class *Substitute Class

*Canceled Class *Paid Class

Group Fitness Classes - September

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 No Classes	2 No Classes It's Labor Day!! No Classes	3 8:00a-8:30 Grit Strength - Bobby 8:30a-9:30 Stretch&Mobility-Bobby 5:30p-6:30 Yoga - Katelin 6:30p-7:30 BodyCombat - Ashley	4 8:30a-9:30 Zumba - Bobby 6:00p-7:00 KickBoxing - Xay & Jared (Paid Class)	5 8:15a-9:15 Step Interval - Bobby 6:30p-7:30 Dance Fitness - Dwight	6 8:30a-9 Grit Cardio - Rachael 9a-9:45 Pilates - Rachael 6:00p-7:00 KickBoxing - Xay & Jared (Paid Class)	7 8:30a-9:30 BodyPump - Elbert 10a-11 Yoga - Katelin
8 No Classes	9 8:30a-9:30 BodyPump - Rachael 5:30p-6:30 BodyPump - Heather 6:30p-7:30 Zumba - Chanel	10 8:00a-8:30 Grit Strength - Bobby 8:30a-9:30 Stretch&Mobility-Bobby 5:30p-6:30 Yoga - Heather 6:30p-7:30 BodyCombat - Ashley	11 8:30a-9:30 Zumba - Bobby 6:00p-7:00 KickBoxing - Xay & Jared (Paid Class)	12 8:15a-9:15 Step Interval - Elbert 6:30p-7:30 Dance Fitness - Dwight	13 8:30a-9 Grit Cardio - Rachael 9a-9:45 Pilates - Rachael 6:00p-7:00 KickBoxing - Xay & Jared (Paid Class)	14 8:30a-9:30 BodyPump - Bobby 10a-11 Yoga - Katelin
15 No Classes	16 8:30a-9:30 BodyPump - Rachael 5:30p-6:30 Yoga - Katelin 6:30p-7:30 Zumba - Chanel	17 8:00a-8:30 Grit Strength - Bobby 8:30a-9:30 Stretch&Mobility-Bobby 5:30p-6:30 Yoga - Katelin 6:30p-7:30 BodyCombat - Ashley	18 8:30a-9:30 Zumba - Bobby 6:00p-7:00 KickBoxing - Xay & Jared (Paid Class)	19 8:15a-9:15 Step Interval - Bobby 6:30p-7:30 Dance Fitness - Dwight	20 8:30a-9 Grit Cardio - Rachael 9a-9:45 Pilates - Rachael 6:00p-7:00 KickBoxing - Xay & Jared (Paid Class)	21 8:30a-9:30 BodyPump - Elbert 10a-11 Stretch&Mobility-Bobby



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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
22 No Classes	23 8:30a-9:30 BodyPump - Rachael	24 8:00a-8:30 Grit Strength - Bobby 8:30a-9:30 Stretch&Mobility-Bobby	25 8:30a-9:30 Zumba - Bobby	26 8:15a-9:15 Step Interval - Elbert	27 8:30a-9 Grit Cardio - Canceled 9a-9:45 Pilates - Canceled	28 8:30a-9:30 BodyPump - Bobby 10a-11 Yoga - Katelin
	5:30p-6:30 BodyPump - Heather 6:30p-7:30 Zumba - Chanel	5:30p-6:30 Yoga - Katelin 6:30p-7:30 BodyCombat - Ashley	6:00p-7:00 KickBoxing - Xay & Jared (Paid Class)	6:30p-7:30 Dance Fitness - Dwight	6:00p-7:00 KickBoxing - Xay & Jared (Paid Class)	
29 No Classes	30 8:30a-9:30 BodyPump - Rachael					
	5:30p-6:30 BodyPump - Heather 6:30p-7:30 Zumba - Chanel					