



Group Fitness | SEPTEMBER 2019

****CYCLING CLASSES REQUIRE ADVANCED SIGN-UP ONLINE. SEE THE FRONT DESK OR YOUR INSTRUCTOR FOR HELP!****

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	2	3	4	5	6	7
8:30-9:30am	LABOR DAY NO CLASSES	ZUMBA Yajaira			ZUMBA Yajaira	BODYPUMP Christy
9:30-10:30am		BODYCOMBAT Morgan CYCLING Cathy	BODYPUMP Morgan	BODYJAM Morgan	BODYPUMP Rachael	BODYCOMBAT Jessica
10:30-11:30am		SENIOR FIT Carol		SENIOR FIT Carol		DANCE FITNESS Morgan
5:30-6:30pm		BODYPUMP Jessica	BODYCOMBAT Jessica CYCLING Rhonda	BODYPUMP Morgan		
6:30-7:30pm		ZUMBA Chris	YOGA Katie	ZUMBA Chanel CYCLING Lauren		
7:30-8:30pm		HIP HOP Stephanie		HIP HOP Stephanie		
	9	10	11	12	13	14
8:30-9:30am		ZUMBA Yajaira			ZUMBA Yajaira	BODYPUMP Christy
9:30-10:30am	BODYPUMP Rachael	BODYCOMBAT Morgan CYCLING Cathy	BODYPUMP Morgan	BODYJAM Morgan	BODYPUMP Rachael	BODYCOMBAT Jessica
10:30-11:30am		SENIOR FIT Carol		SENIOR FIT Carol		ZUMBA Chanel
11:30-12:15pm						
5:30-6:30pm	CYCLING Rhonda BODYJAM Morgan	BODYPUMP Jessica	BODYCOMBAT Jessica CYCLING Rhonda	BODYPUMP Jessica		
6:30-7:30pm	BODYCOMBAT Ashley	ZUMBA Stephanie	YOGA Katie	ZUMBA Chanel CYCLING Kevin		
7:30-8:30pm		HIP HOP Stephanie		HIP HOP Stephanie		
	16	17	18	19	20	21
8:30-9:30am		ZUMBA Yajaira			ZUMBA Yajaira	BODYPUMP Jessica
9:30-10:30am	BODYPUMP Rachael	BODYCOMBAT Morgan CYCLING Cathy	BODYPUMP Morgan	BODYJAM Morgan	BODYPUMP Rachael	BODYCOMBAT Jessica
10:30-11:30am		SENIOR FIT Carol		SENIOR FIT Carol		ZUMBA Chanel
5:30-6:30pm	CYCLING Rhonda BODYJAM Morgan	BODYPUMP Jessica	BODYCOMBAT Jessica CYCLING Lauren	BODYPUMP Jessica		
6:30-7:30pm	BODYCOMBAT Ashley	ZUMBA Chanel	YOGA Katie	ZUMBA Chanel CYCLING Kevin		
7:30-8:30pm		HIP HOP Stephanie		HIP HOP Stephanie		
	23	24	25	26	27	28
8:30-9:30am		ZUMBA Yajaira			ZUMBA Yajaira	BODYPUMP Christy
9:30-10:30am	BODYPUMP Rachael	BODYCOMBAT Morgan CYCLING Cathy	BODYPUMP Morgan	BODYJAM Morgan	BODYPUMP Morgan	BODYCOMBAT Jessica
10:30-11:30am		SENIOR FIT Carol		SENIOR FIT Carol		DANCE FITNESS Morgan
5:30-6:30pm	CYCLING Lauren	BODYPUMP Jessica	BODYCOMBAT Jessica	BODYPUMP Lori		

	BODYJAM Morgan		CYCLING Lauren			
6:30-7:30pm	BODYCOMBAT Ashley	ZUMBA Yajaira	YOGA Katie	ZUMBA Chanel CYCLING Kevin		
7:30-8:30pm		HIP HOP Stephanie		HIP HOP Stephanie		
	30	1	2	3	4	5
8:30-9:30am		ZUMBA Yajaira			ZUMBA Yajaira	BODYPUMP Jessica
9:30-10:30am	BODYPUMP Rachael	BODYCOMBAT Morgan CYCLING Cathy	BODYPUMP Morgan	BODYJAM Morgan	BODYPUMP Rachael	BODYCOMBAT Jessica
10:30-11:30am		SENIOR FIT Carol		SENIOR FIT Carol		DANCE FITNESS Morgan
5:30-6:30pm	CYCLING Lauren BODYJAM Morgan	BODYPUMP Jessica	BODYCOMBAT Jessica CYCLING Lauren	BODYPUMP Lori		
6:30-7:30pm	BODYCOMBAT Ashley	ZUMBA Stephanie	YOGA Katie	ZUMBA Chanel CYCLING Kevin		
7:30-8:30am		HIP HOP Stephanie		HIP HOP Stephanie		