



\*Substitute Class Or Instructor\*

## Group Fitness Classes - September

| SUNDAY              | MONDAY   | TUESDAY  | WEDNESDAY                         | THURSDAY                                  | FRIDAY  | SATURDAY   |
|---------------------|--|--|-----------------------------------|---|---|--|
| No<br>Classes       |  |  |                                   |   | 1<br><br>No<br>Classes<br><br>Enjoy Your Labor<br>Day Weekend!! | 2<br><br>No<br>Classes<br><br>Enjoy Your Labor<br>Day Weekend!!      |
|                     |  |  |                                   |   | No<br>Classes   | No<br>Classes  |
| 3<br>No<br>Classes  | 4<br><br>No<br>Classes<br><br>Enjoy Your Labor<br>Day Weekend!!        | 5<br>8:00a-8:30<br>Grit Strength - Bobby<br>8:30a-9<br>Stretch&Mobility-Bobby  | 6<br>8:30a-9:30<br>Zumba - Bobby  | 7<br>8:15a-9:15<br>Step Interval - Elbert | 8<br>8:30a-9:30<br>Pump - Lisa<br>9:45a-10:45<br>Yoga - Hannah  | 9<br>8:30-9:30<br>Cycling - Rachael<br>10a-11<br>High Fitness-Emily  |
|                     | No<br>Classes  | 5:30p-6:30<br>BodyPump - Heather<br>6:30p-7:30<br>BodyCombat - Ashley          | 7:00p-8:00<br>Hip Hop - Stephanie | 6:30p-7:30<br>High Fitness - Emily        |   |  |
| 10<br>No<br>Classes | 11<br>8:30a-9:30<br>BodyPump - Rachael<br>9:45a-10:45<br>Yoga - Hannah | 12<br>8:00a-8:30<br>Grit Strength - Bobby<br>8:30a-9<br>Stretch&Mobility-Bobby | 13<br>8:30a-9:30<br>Zumba - Bobby | 14<br>8:15a-9:15<br>Step Interval - Bobby | 15<br>8:30a-9:30<br>Pump - Lisa<br>9:45a-10:45<br>Yoga - Hannah | 16<br>8:30a-9:30<br>BodyPump - Bobby<br>10a-11<br>High Fitness-Emily |
|                     | 5:30p-6:30<br>Cycling - Heather<br>6:30p-7:30<br>Zumba - Bobby         | 5:30p-6:30<br>BodyPump - Heather<br>6:30p-7:30<br>BodyCombat - Ashley          | 7:00p-8:00<br>Hip Hop - Stephanie | 6:30p-7:30<br>High Fitness - Emily        |   |  |



## Group Fitness Classes - September

| SUNDAY                     | MONDAY  | TUESDAY   | WEDNESDAY                                       | THURSDAY   | FRIDAY   | SATURDAY  |
|----------------------------|---|---|---|--|--|---|
| <b>17</b><br>No<br>Classes | <b>18</b><br><b>8:30a-9:30</b><br>BodyPump – Rachael<br><b>9:45a-10:45</b><br>Yoga - Hannah | <b>19</b><br><b>8:00a-8:30</b><br>Grit Strength – Bobby<br><b>8:30a-9</b><br>Stretch&Mobility-Bobby | <b>20</b><br><b>8:30a-9:30</b><br>Zumba – Bobby | <b>21</b><br><b>8:15a-9:15</b><br>Step Interval – Elbert | <b>22</b><br><b>8:30a-9:30</b><br>Pump - Lisa<br><b>9:45a-10:45</b><br>Yoga - Hannah | <b>23</b><br><b>8:30a-9:30</b><br>Cycling - Rachael<br><b>10a-11</b><br><b>Yoga - Hannah T</b>            |
|                            | <b>5:30p-6:30</b><br>Cycling – Heather<br><b>6:30p-7:30</b><br>Zumba – Chanel               | <b>5:30p-6:30</b><br>BodyPump – Heather<br><b>6:30p-7:30</b><br>BodyCombat - Ashley                 | <b>7:00p-8:00</b><br>Hip Hop – Stephanie        | <b>6:30p-7:30</b><br><b>BodyCombat - Heather</b>         |  |   |
| <b>24</b><br>No<br>Classes | <b>25</b><br><b>8:30a-9:30</b><br>BodyPump – Rachael<br><b>9:45a-10:45</b><br>Yoga - Hannah | <b>26</b><br><b>8:00a-8:30</b><br>Grit Strength – Bobby<br><b>8:30a-9</b><br>Stretch&Mobility-Bobby | <b>27</b><br><b>8:30a-9:30</b><br>Zumba – Bobby | <b>28</b><br><b>8:15a-9:15</b><br>Step Interval – Bobby  | <b>29</b><br><b>8:30a-9:30</b><br>Pump - Lisa<br><b>9:45a-10:45</b><br>Yoga - Hannah | <b>30</b><br><b>8:30a-9:30</b><br><b>BodyCombat - Hannah T</b><br><b>10a-11</b><br><b>Yoga - Hannah T</b> |
|                            | <b>5:30p-6:30</b><br>Cycling – Heather<br><b>6:30p-7:30</b><br>Zumba – Chanel               | <b>5:30p-6:30</b><br>BodyPump – Heather<br><b>6:30p-7:30</b><br>BodyCombat - Ashley                 | <b>7:00p-8:00</b><br>Hip Hop – Stephanie        | <b>6:30p-7:30</b><br><b>BodyCombat - Heather</b>         |  |   |