

**SEPTEMBER GROUP EXERCISE SCHEDULE**

Monday			Tuesday			Wednesday			Thursday			Friday			Saturday		Sunday			
Aerobic Room	Multi-Purpose Room	Fitness Studio	Aerobic Room	Multi-Purpose Room	Fitness Studio	Aerobic Room	Multi-Purpose Room	Fitness Studio	Aerobic Room	Multi-Purpose Room	Fitness Studio	Aerobic Room	Multi-Purpose Room	Fitness Studio	Aerobic Room	Multi-Purpose Room	Aerobic Room			
Cycle/Boot Camp 5:30-6:30 am Danielle/ Michaela	Chair Yoga 7:15-7:45 am Meda		Holy Yoga 6-7 am Kenda (no class Sept 5th)				Chair Yoga 7:15-7:45 am Meda		Holy Yoga 6-7 am Kenda				Cycle/Boot Camp 5:30-7 am Jen P.		RIP 30 6:30-7 am Danielle K.	OUTDOOR BOOTCAMP 8-9 am Corey (back parking lot)				
	Silver- Sneakers Circuit 8-8:45 am Pamela	Just for You 9-9:30 am Darla	Beginners Yoga 8:45-9:25 am Meda		Just for You 9-9:30 am Shannon		Silver- Sneakers Circuit 8-8:45 am Julia	Just for You 9-9:30 am Ali	Mixed Level Yoga 7:30-8:15 am Meda		Just for You 9-9:30 am Pamela		Silver- Sneakers Circuit 8-8:45 am Darla	Just for You 9-9:30 am Tiffany	RIP 8-8:55 am Gretchen	Yoga 8:15-9 am Rotation				
RIP 9-9:55 am Beth & Jen	Pilates with Props 9-9:55 am Diane	Just for You 9:45-10:15 am Pamela	P90X LIVE 9:30-10:30 am Jen P.	Silver- Sneaker Classic 9-9:45 am Jenn B.	Just for You 9:45-10:15 am Pamela	RIP 9-9:55 am Michaela	PIYO LIVE 9-9:55 am Jen P./ Diane	Just for You 9:45-10:15 am Pamela	Cycle/Boot Camp 9:15-10:30 am Candace/ Carol	Silver- Sneaker Classic 9-9:45 am Jenn B.	Just for You 9:45-10:15 am Pamela	RIP 9-9:55 am Carol	Zumba® 9-9:55 am Julia C.	Just for You 9:45-10:15 am Pamela	Step Up 9-9:55am Michelle	TURBOKICK LIVE 9-9:55 am Beth				
NEW!! Boxing Fusion/Abs 10-10:55 pm Jen P.	Zumba®/ Zumba® Toning 10-10:55 am Julia	Just for You 10:30- 11 am Marian		Silver- Sneaker Yoga 9:45-10:30 am Jenn B.	CORE 10:20-10:40 am Marian	Pilates Barre Plus 10-10:55 am Diane	Silver- Sneaker Yoga 10:15-11 am Julia	Just for You 10:30- 11 am Pamela	Cardio Sculpt 10:45-11:45 am Carol	Silver- Sneaker Yoga 9:45-10:30 am Jenn B.		PowerStep/ Axis 10-11:15 am Carol	PIYO LIVE 10-10:55 am Jen/Diane	Just for You 10:30-11 am Pamela	Pilates Barre Plus 10-10:55 am Becky	Zumba® 10-10:55 am Megan				
	Silver&Fit Experience 11:15 am- Noon Ali	Just for You 11-11:30 am Darla	Cardio Sculpt 10:45-11:45 am Marion	Silver- Sneaker Circuit 10:30-11:15 Martha	Breathing and Relaxation 10:45-11:15 am Jenn B.	Line Dancing 11:15 am- 12:45 pm Julia	Silver- Sneaker Classic 11:15 am- Noon Deb	Just for You 11-11:30 am Pamela	Beginner Line Dancing Noon-1:30 pm Marilyn	Silver- Sneaker Circuit 10:30-11:15 am Jenn B.		Line Dancing Noon-1:30 pm Marilyn	Silver&Fit Experience 11:15 am- Noon Deb	Just for You 11:15- 11:45am Pamela	KIDS (ages 6 & up) Just for You 9:45-10:15 am Liz	Silver- Sneaker Classic 11:15 am- 12 pm Becky				
Line Dancing 11:15 am- 12:45 pm Julia															AOA Just for You 10:30-11 am Liz					
Beginners Yoga 4:30- 5:15pm Jenn B.									NEW!! Boxing Fusion5:25- 5:55 pm Danielle K.				<p align="center"><b>NEW!! HAPPY HOUR 5-6 PM MULTIPURPOSE ROOM WITH PAMELA</b> After a long week, this low impact beginner's aerobic class uses movements designed to enhance mobility, increase flexibility and correct posture to highly energized music!</p>							
PIYO LIVE 5:30-6:25 pm Amanda	Cross training 5:30-6:25 pm Jen P.	Silver- Sneaker Classic 5-5:45pm Pamela	Pilates Barre Plus 5:30-6:25 pm Stephanie.	Step Up 5:30-6:25 pm Rhonda	AOA Just For You 4:30-5 pm Liz	Tabata 5:30-6:40 pm Stacey		Silver- Sneaker Classic 5-5:45pm Darla	NEW!! H.I.I.T with Yoga 6-6:25 pm Danielle K.	Step Up 5:30-6:25 pm Rhonda	AOA Just For You 4:30-5 pm Liz									Dance Fitness 5-5:55 pm Shannon
Zumba® 6:30-7:25 pm Margarita	TURBOKIC K LIVE 6:30-7:25 pm Beth	Circuit PLUS 6-6:55 pm Nancy	RIP 6:30-7:30 pm Danielle K.	Beginners Yoga 6:30-7:30 pm Nancy	NEW! Kids Yoga 6:30-7 pm Meda *Main Gym	Mixed Level Yoga 7:30-8:30 pm Fran	WAR 6-6:55 pm Danielle K./Jen P.	Circuit PLUS 6-6:55 pm Rhonda	Zumba® 6:30-7:30 pm Megan	PIYO LIVE 6:30-7:30 pm Mallori										