


# SEPTEMBER MEDIUM / HIGH IMPACT EXERCISE SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Cycle/Boot Camp 5:15-6:15am Danielle MP Room	TURBOKICK LIVE 5:15-6:15am Gretchen Aerobic Room		Circuit PLUS 5:15-6:15am Gretchen Fitness Studio	P90X LIVE 5:15 -6:15am Danielle MP Room	F.I.T. ( Functional Interval Training) 7-8 am Danielle MP Room	PICKLE BALL 1p-3pm Main Gym
RIP 9-9:55am Marian Aerobic Room	Beginners Yoga 8:45-9:25am Meda Aerobic Room	PIYO LIVE 9-9:55am Diane Aerobic Room	TURBOKICK LIVE 9-9:55am Beth Aerobic Room	Zumba@ 9-9:55am Julia C. MP Room	RIP 8-8:55am Gretchen Aerobic Room	WAR 5:30-6:30pm Danielle Aerobic Room
Pilates with Props 9-9:55am Diane MP Room	P90X LIVE 9:30-10:30am Jen P. Aerobic Room	Pilates Barre Plus 10-10:55am Diane Aerobic Room	Yoga 10-10:40am Carol Aerobic Room	RIP 9-9:55am Carol Aerobic Room	Yoga 8-8:55am MP Room	
PIYO LIVE 10-10:55pm Jen Aerobic Room	CORE 10:20-10:40am Marian Fitness Studio	Beginner PIYO LIVE 5:15-5:55pm Aerobic Room	Cardio Sculpt 10:45-11:45am Carol Aerobic Room	PowerStep/Axis 10-11:15am Carol Aerobic Room	TURBOKICK LIVE 9-9:55am Beth MP Room	
Zumba@/ Zumba@ Toning 10-10:55am Julia MP Room	Cardio Sculpt 10:45-11:45am Marion Aerobic Room	Tabata 5:30-6:25pm Stacey MP Room	PICKLE BALL 12p-1:30p MAIN GYM	Bands, Balls and Bags 10-11 am Jen MP Room	Strong Moms 9-9:45 Michaela Fitness Studio	
Holy Yoga 4:30-5:25pm Kenda Aerobic Room	Pilates Barre Plus 5:30-6:25pm Stephanie Aerobic Room	P90X LIVE (Sept 5th and 19th) WAR (Sept 12th and 26th) 6:30-7:25pm Danielle MP Room		Line Dancing 12-1:30pm Marilyn Aerobic Room	Pilates Barre Plus 9-9:55am Becky Aerobic Room	
PIYO LIVE 5:30-6:25pm Amanda Aerobic Room	Step Up 5:30-6:25pm Rhonda MP Room	Circuit PLUS 6:45-7:30 pm Corey Fitness Studio	RIP 5:30-6:25pm Michaela Aerobic Room		Zumba@ 10-10:55am Megan MP Room	
Cross training 5:30-6:25pm Jen MP Room	Piloxing 6:30-7:30pm Dana Aerobic Room	Mixed Level Yoga 7:30-8:30pm Rotation MP Room	Step Up 5:30-6:25pm Rhonda MP Room			
Circuit PLUS 6-6:55pm Nancy Fitness Studio	Mixed Level Flow Yoga 6:30-7:25pm Rita MP Room		Zumba@ 6:30 - 7:25pm Megan Aerobic Room			
TURBOKICK LIVE 6:30-7:25pm Beth MP Room			PIYO LIVE 6:30p-7:30pm Mallori Fitness Studio			
Zumba@ 6:30-7:25pm Margarita Aerobic Room						

\*Low Impact, Small Group and Cycle Schedules also available!