



# September Fitness Classes (ACTIVITY CENTER)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	STRENGTH 6-7am		STRENGTH 6-7am		
EASY DOES IT 9-10AM TAICHI	EASY DOES IT 9-10AM FIT PARTY		EASY DOES IT 9-10AM STRENGTH		
STEP/SCULPT 9:30-10:30am		TOTAL BODY 9:30-10:30am		INTERVALS 9:30-10:30am	
	BALL 10-10:30AM	Restorative YOGA 10-10:45am	BALL 10-10:30AM		
EASY DOES IT HII-LO 10:35-11:35am	EASY DOES IT CHAIR/MAT 10:35-11:35am	EASY DOES IT STRENGTH 10:35-11:35am	EASY DOES IT ROTATION 10:35-11:35am	EASY DOES IT TAI CHI 10:35-11:35am	
CHILDCARE 3-7:30pm	CHILDCARE 3-7:30pm	CHILDCARE 3-7:30pm	CHILDCARE 3-7:30pm		
			SPIN 4:15-5pm		
INTERVAL 5:30-6:30pm	SPIN 5:30-6:15pm	SUPER STEP 5:30-6:30pm			
YOGA 6-7pm	YOGA 6-7pm	CORE 6:30-7pm	YOGA 6-7pm		
			WERQ 6-7pm		
WERQ 6:30-7:30pm	ZUMBA 6:30-7:30pm	SPIN 6:30-7:15pm		LINE DANCE 6:30-7:30PM	
	PILATES 7-7:45pm	PIYO 7-8PM			
BARRE 7:30-8:15pm		ZUMBA 7:30-8:30pm			FEES ON BACK