

September

Sun	Mon	Tue	Wed	Thu	Fri	Sat
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2	3 Labor Day Center Closed	4 9:00 Spin (Carol) 10:30 No Class 11:00 Cross Training (Taylor) 5:30 Cardio Acceleration (Rissa)	5 6:45am Yoga (Amy) 9:30 Power Camp/ Kettlebell (Carol) 10:30 iTone (Rissa) 10:45 C. SilverSneakers (Carol) 5:15 Power Yoga (Amy)	6 9:00 Body Pump (Carol) 10:30 Fit for Life (Carol) 11:00 Cross Training (Taylor) 5:30 Cardio Acceleration (Rissa)	7 9:00 Zone Tone (Jessica) 10:30 iTone (Rissa) 10:45 No Class 12:15 Gentle Yoga (Amy) 5:30 iSweat (Rissa)	8
9	10 9:00 Barre (Shannon) 10:30 Chair Yoga (Amy) 10:30 iTone (Rissa) 4:50 Yoga (Amy) 7:00 Barre (Shannon)	11 9:00 Spin 10:30 Fit For Life (Shannon) 11:00 Cross Training (Taylor) 5:30 Cardio Acceleration (Rissa)	12 6:45am Yoga (Amy) 9:30 Power Camp/ Kettlebell (Jessica) 10:30 iTone (Rissa) 10:45 C. SilverSneakers (Danielle) 5:15 Power Yoga (Amy)	13 9:00 Body Pump (Shannon) 10:30 Fit for Life (Shannon) 11:00 Cross Training (Taylor) 5:30 Cardio Acceleration (Rissa)	14 9:00 Zone Tone (Jessica) 10:30 iTone (Rissa) 10:45 MSROM Silver-Sneakers (Danielle) 12:15 Gentle Yoga (Amy) 5:30 iSweat (Rissa)	15
16	17 9:00 Barre (Shannon) 10:30 Chair Yoga (Amy) 10:30 iTone (Rissa) 4:50 Yoga (Amy) 7:00 Barre (Shannon)	18 9:00 Spin (Carol) 10:30 Fit for Life (Carol) 11:00 Cross Training (Taylor) 5:30 Cardio Acceleration (Rissa)	19 6:45am Yoga (Amy) 9:30 Power Camp/ Kettlebell (Carol) 10:30 iTone (Rissa) 10:45 C. SilverSneakers (Carol) 5:15 Power Yoga (Amy)	20 9:00 Body Pump (Carol) 10:30 Fit for Life (Carol) 5:30 Cardio Acceleration (Rissa)	21 9:00 Zone Tone (Carol) 10:30 iTone (Rissa) 10:45 MSROM Silver-Sneakers (Carol) 12:15 Gentle Yoga (Amy) 5:30 iSweat (Rissa)	22
23	24 9:00 Barre (Shannon) 10:30 Chair Yoga (Amy) 10:30 iTone (Rissa) 4:50 Yoga (Amy) 7:00 Barre (Shannon)	25 9:00 Spin (Carol) 10:30 Fit For Life (Carol) 5:30 Cardio Acceleration (Rissa)	26 6:45am Yoga (Amy) 9:30 Power Camp/ Kettlebell (Carol) 10:30 iTone (Rissa) 10:45 C. SilverSneakers (Carol) 5:15 Power Yoga (Amy)	27 9:00 Body Pump (Carol) 10:30 Fit for Life (Carol) 11:00 Cross Training (Taylor) 5:30 Cardio Acceleration (Rissa)	28 9:00 Zone Tone (Carol) 10:30 iTone 10:45 MSROM Silver-Sneakers (Carol) 12:15 Gentle Yoga (Amy) 5:30 iSweat (Rissa)	29
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