



Fitness September

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	2 CLOSED LABOR DAY	3 9:00 Spin (Carol) 10:30 Fit For Life (Carol) 1:00 Form & Feeling (Danielle) 5:30 Cardio Acceleration (Emily) 6:30 Zumba (Emily)	4 9:30 Power Camp / Kettlebell (Carol) 10:30 iTone (Rissa) 10:45 C. Silver Sneakers (Carol) 5:15 Power Yoga (Amy)	5 9:00 Body Pump (Carol) 10:30 Fit for Life (Carol) 1:00 Form & Feeling (Shannon) 5:30 Cardio Acceleration (Rissa) 6:30 Zumba (Emily)	6 9:00 Zone Tone (Carol) 10:30 iTone (Rissa) 10:45 Silver Sneakers (Carol) 5:30 iSweat (Rissa)	7 
8	9 9:00 Barre (Shannon) 10:30 iTone (Rissa) 5:00 Yoga (Amy) 7:00 Barre (Shannon)	10 9:00 Spin (Carol) 10:30 Fit For Life (Carol) 1:00 Form & Feeling (Shannon) 5:30 Cardio Acceleration (Rissa) 6:45 Cardio Dance (Carol)	11 9:30 Power Camp / Kettlebell (Carol) 10:30 iTone (Rissa) 10:45 C. Silver Sneakers (Carol) 5:15 Power Yoga (Amy) 7:30 Bedtime Yoga (Shannon)	12 9:00 Body Pump (Carol) 10:30 Fit for Life (Carol) 1:00 Form & Feeling (Shannon) 5:30 Cardio Acceleration (Rissa) 6:30 NO CLASS	13 9:00 Zone Tone (Carol) 10:30 iTone (Rissa) 10:45 Silver Sneakers (Carol) 5:30 iSweat (Rissa)	14 8:15 Track & Trail (Shannon)
15	16 9:00 Barre (Shannon) 10:30 iTone (Rissa) 5:00 Yoga (Amy) 7:00 Barre (Shannon)	17 9:00 Spin (Carol) 10:30 Fit For Life (Carol) 1:00 Form & Feeling (Shannon) 5:30 Cardio Acceleration (Rissa) 6:30 Zumba (Emily)	18 9:30 Power Camp / Kettlebell (Carol) 10:30 iTone (Rissa) 10:45 C. Silver Sneakers (Carol) 5:15 Power Yoga (Amy)	19 9:00 Flex Define (Carol) 10:30 Fit for Life (Carol) 1:00 Form & Feeling (Shannon) 5:30 Cardio Acceleration (Rissa) 6:30 Zumba (Emily)	20 9:00 Zone Tone (Carol) 10:30 iTone (Rissa) 10:45 Silver Sneakers (Carol) 5:30 iSweat (Rissa)	21
22	23 9:00 Barre (Shannon) 10:30 iTone (Rissa) 5:00 Yoga (Amy) 7:00 Barre (Shannon)	24 9:00 Spin (Carol) 10:30 Fit For Life (Carol) 1:00 Form & Feeling (Shannon) 5:30 Cardio Acceleration (Rissa) 6:30 Zumba (Emily)	25 9:30 Power Camp / Kettlebell (Carol) 10:30 iTone (Rissa) 10:45 Silver Sneakers (Carol) 5:15 Power Yoga (Amy) 7:30 Bedtime Yoga (Shannon)	26 9:00 Flex Define (Carol) 10:30 Fit for Life (Carol) 1:00 Form & Feeling (Shannon) 5:30 Cardio Acceleration (Rissa) 6:30 Zumba (Emily)	27 9:00 Zone Tone (Carol) 10:30 iTone (Rissa) 10:45 Silver Sneakers (Carol) 5:30 iSweat (Rissa)	28 8:15 Track & Trail (Shannon)
29	30 9:00 Barre (Shannon) 10:30 iTone (Rissa) 5:00 Yoga (Amy) 7:00 Barre (Shannon)	