







September 2015

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 6:45am AM Yoga (Amy) 9:00 Bike/Sculpt (Carol) 9:30 On The Ball (Jacob) 10:30 Fit For Life (Carol) 11:00 C Training (Taylor) 12:15 Yoga/Pilates (Simon) 4:30 Fun Run (Jacob)	2 6:45am Yoga (Amy) 9:00 Power Camp/ Kettlebell (Carol) 10:30 iTone (Rissa) 10:45 C. SilverSneakers (Carol) 4:00 iTone (Rissa) 5:15 Power Yoga (Amy)	3 6:45am AM Yoga (Amy) 9:00 Body Pump (Carol) 10:30 Fit for Life (Carol) 11:00 Cross Training (Taylor) 12:15 Yoga (Amy) 5:00 Pull (Jacob)	4 6:45am Yoga (Amy) 9:00 Zone Tone (Carol) 10:30 iTone (Rissa) 10:45 MSROM Silver-Sneakers (Carol) 12:00 Chair Yoga (Amy) 5:15 iTone (Rissa) 6:30 Zumba (Brooke)	5 
6	7 Closed 	8 9:00 Bike/Sculpt (Carol) 9:30 On The Ball (Jacob) 10:30 Fit For Life (Carol) 11:00 C Training (Taylor) 12:15 Yoga/Pilates (Simon) 4:30 Fun Run (Jacob)	9 6:45am Yoga (Amy) 9:30 Power Camp/ Kettlebell (Carol) 10:30 iTone (Rissa) 10:45 C. SilverSneakers (Carol) 4:00 iTone (Rissa) 5:15 Power Yoga (Amy) 	10 6:45am AM Yoga (Amy) 9:00 Body Pump (Carol) 10:30 Fit for Life (Carol) 11:00 Cross Training (Taylor) 12:15 Yoga (Amy) 5:00 Pull (Jacob)	11 6:45am Yoga (Amy) 9:00 Zone Tone (Carol) 10:30 iTone (Rissa) 10:45 MSROM Silver-Sneakers (Carol) 12:00 Chair Yoga (Amy) 5:15 iTone (Rissa) 6:30 Zumba (Brooke)	12
13	14 9:00 Power Pump (Danielle) 10:30 Chair Yoga (Amy) 4:00 iMove (Rissa) 4:50 Yoga (Amy) 6:30 Zumba (Brooke)	15 9:00 Bike/Sculpt (Carol) 9:30 On The Ball (Jacob) 10:30 Fit For Life (Carol) 11:00 C Training (Taylor) 12:15 Yoga/Pilates (Simon) 4:30 Fun Run (Jacob)	16 6:45am Yoga (Amy) 9:00 Power Camp/ Kettlebell (Carol) 10:30 iTone (Rissa) 10:45 C. SilverSneakers (Carol) 4:00 iTone (Rissa) 5:15 Power Yoga (Amy)	17 9:00 Body Pump (Carol) 10:30 Fit for Life (Carol) 11:00 Cross Training (Taylor) 12:15 Yoga (Amy) 5:00 Pull (Jacob) 	18 6:45am Yoga (Amy) 9:00 Zone Tone (Carol) 10:30 iTone (Rissa) 10:45 MSROM Silver-Sneakers (Carol) 12:00 Chair Yoga (Amy) 5:15 iTone (Rissa) 6:30 Zumba (Brooke)	19
20	21 9:00 Power Pump (Danielle) 10:30 Chair Yoga (Amy) 4:00 iMove (Rissa) 4:50 Yoga (Amy) 	22 9:00 Bike/Sculpt (Carol) 9:30 On The Ball (Jacob) 10:30 Fit For Life (Carol) 11:00 C Training (Taylor) 12:15 Yoga/Pilates (Simon) 4:30 Fun Run (Jacob)	23 6:45am Yoga (Amy) 9:00 Power Camp/ Kettlebell (Carol) 10:30 iTone (Rissa) 10:45 C. SilverSneakers (Carol) 4:00 iTone (Rissa) 5:15 Power Yoga (Amy)	24 9:00 Body Pump (Carol) 10:30 Fit for Life (Carol) 11:00 Cross Training (Taylor) 12:15 Yoga (Amy) 5:00 Pull (Jacob)	25 6:45am Yoga (Amy) 9:00 Zone Tone (Carol) 10:30 iTone (Rissa) 10:45 MSROM Silver-Sneakers (Carol) 12:00 Chair Yoga (Amy) 5:15 iTone (Rissa) 6:30 Zumba (Brooke)	26
27	28 9:00 Power Pump (Danielle) 10:30 Chair Yoga (Amy) 4:00 iMove (Rissa) 4:50 Yoga (Amy) 6:30 Zumba (Brooke)	29 9:00 Bike/Sculpt (Carol) 9:30 On The Ball (Jacob) 10:30 Fit For Life (Carol) 11:00 C Training (Taylor) 12:15 Yoga/Pilates (Simon) 4:30 Fun Run (Jacob)	30 6:45am Yoga (Amy) 9:00 Power Camp/ Kettlebell (Carol) 10:30 iTone (Rissa) 10:45 C. SilverSneakers (Carol) 4:00 iTone (Rissa) 5:15 Power Yoga (Amy)	