

SEPTEMBER 2017



Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 5:30-6:15 TRX 9:15-10:15 EASY DOES IT 9:15-9:45 HEATED YOGA FLOW (BALCONY) 10:15-11:00 SENIOR STRETCH 11:00-12:00 SILVER SNEAKERS 12:10-1:00 MEMBERS CHOICE	2 8:30-9:30 YOGA
3	4 <u>CLOSED</u> <u>LABOR</u> <u>DAY</u>	5 5:00-5:55 PILATES 6:00-6:45 BICEPS, TRICEPS & SHOULDERS 7:00-8:15 CHISELED 8:15-9:00 YOGA BALL 9:00-9:30 HEATED YOGA FLOW (BALCONY) 10:00-11:00 CLASSIC YOGA 11:00-12:00 SILVER SNEAKERS 12:10-1:00 GROUP CYCLING 4:15-5:15 GROUP CYCLING 5:15-6:15 YOGA/PILATES 6:15-7:00 TABATA 7:00-7:50 OULA ONE	6 5:30-6:15 BODY SCULPTING MIX IT UP 6:15-7:00 8:30-9:15 OULA ONE 9:15-10:15 EASY DOES IT 10:15-11:15 SENIOR STRETCH 12:10-1:00 MEMBERS CHOICE 1:30-3:00 LINE DANCING 4:15-5:15 FULLBODY FITNESS 5:30-6:15 OULA 6:15-6:45 POUND 6:45-7:30 CARDIO KICKBOXING	7 5:00-5:55 PILATES 6:00-6:45 BICEPS, TRICEPS & SHOULDERS 7:00-8:15 CHISELED 8:15-9:00 YOGA BALL 9:00-9:30 HEATED YOGA FLOW (BALCONY) 10:00-11:00 CLASSIC YOGA 11:00-12:00 SILVER SNEAKERS 12:10-1:00 GROUP CYCLING 5:15-6:15 YOGO/PILATES 6:15-7:00 TABATA	8 5:30-6:15 TRX 9:15-10:15 EASY DOES IT 9:15-9:45 HEATED YOGA FLOW (BALCONY) 10:15-11:00 SENIOR STRETCH 11:00-12:00 SILVER SNEAKERS 12:10-1:00 MEMBERS CHOICE	9 8:30-9:30 YOGA 9:30-10:30 GROUP CYCLING 10:45-11:30 PILATES
10	11 5:30-6:15 CROSS TRAINING 8:30-9:15 RIPPED 9:15-10:15 EASY DOES IT 10:15-11:15 SENIOR STRETCH 12:10-1:00 MEMBERS CHOICE 5:30-6:30 OULA 6:30-7:30 CARDIO KICKBOXING 7:30-8:30 PILATES	12 5:00-5:55 PILATES 6:00-6:45 BICEPS, TRICEPS & SHOULDERS 7:00-8:15 CHISELED 8:15-9:00 YOGA BALL 9:00-9:30 HEATED YOGA FLOW (BALCONY) 10:00-11:00 CLASSIC YOGA 11:00-12:00 SILVER SNEAKERS 12:10-1:00 GROUP CYCLING 4:15-5:15 GROUP CYCLING 5:15-6:15 YOGO/PILATES 6:15-7:00 TABATA 7:00-7:50 OULA ONE	13 5:30-6:15 BODY SCULPTING 8:30-9:15 OULA ONE 9:15-10:15 EASY DOES IT 10:15-11:15 SENIOR STRETCH 12:10-1:00 MEMBERS CHOICE 1:30-3:00 LINE DANCING 4:15-5:15 FULLBODY FITNESS 5:30-6:15 OULA 6:15-6:45 POUND 6:45-7:30 CARDIO KICKBOXING 7:30-8:30 PILATES	14 5:00-5:55 PILATES 6:00-6:45 BICEPS, TRICEPS & SHOULDERS 7:00-8:15 CHISELED 8:15-9:00 YOGA BALL 9:00-9:30 HEATED YOGA FLOW (BALCONY) 10:00-11:00 CLASSIC YOGA 11:00-12:00 SILVER SNEAKERS 12:10-1:00 GROUP CYCLING 5:15-6:15 YOGO/PILATES 6:15-7:00 TABATA 7:00-8:30 LINE DANCING	15 5:30-6:15 TRX 9:15-10:15 EASY DOES IT 9:15-9:45 ABS 9:45-10:00 HEATED YOGA FLOW (BALCONY) 10:15-11:00 SENIOR STRETCH 11:00-12:00 SILVER SNEAKERS 12:10-1:00 MEMBERS CHOICE	16 8:30-9:30 YOGA 9:30-10:30 GROUP CYCLING 10:45-11:30 PILATES
17 POUND	18 5:30-6:15 CROSS TRAINING 8:30-9:15 RIPPED 9:15-10:15 EASY DOES IT 10:15-11:15 SENIOR STRETCH 12:10-1:00 MEMBERS CHOICE 5:30-6:30 OULA 6:30-7:30 CARDIO KICKBOXING 7:30-8:30 PILATES	19 5:00-5:55 PILATES 6:00-6:45 BICEPS, TRICEPS & SHOULDERS 7:00-8:15 CHISELED 8:15-9:00 YOGA BALL 9:00-9:30 HEATED YOGA FLOW (BALCONY) 10:00-11:00 CLASSIC YOGA 11:00-12:00 SILVER SNEAKERS 12:10-1:00 GROUP CYCLING 4:15-5:15 GROUP CYCLING 5:15-6:15 YOGA/PILATES 6:15-7:00 TABATA 7:00-7:50 OULA ONE	20 5:30-6:15 BODY SCULPTING 8:30-9:15 OULA ONE 9:15-10:15 EASY DOES IT 10:15-11:15 SENIOR STRETCH 12:10-1:00 MEMBERS CHOICE 1:30-3:00 LINE DANCING 4:15-5:15 FULLBODY FITNESS 5:30-6:15 OULA 6:15-6:45 POUND 6:45-7:30 CARDIO KICKBOXING 7:30-8:30 PILATES	21 5:00-5:55 PILATES 6:00-6:45 BICEPS, TRICEPS & SHOULDERS 7:00-8:15 CHISELED 8:15-9:00 YOGA BALL 9:00-9:30 HEATED YOGA FLOW (BALCONY) 10:00-11:00 CLASSIC YOGA 11:00-12:00 SILVER SNEAKERS 12:10-1:00 GROUP CYCLING 5:15-6:15 YOGO/PILATES 6:15-7:00 TABATA 7:00-8:30 LINE DANCING	22 5:30-6:15 TRX 9:15-10:15 EASY DOES IT 9:15-9:45 ABS 9:45-10:00 HEATED YOGA FLOW (BALCONY) 10:15-11:00 SENIOR STRETCH 11:00-12:00 SILVER SNEAKERS 12:10-1:00 MEMBERS CHOICE	23 Y- TRIATHLON & COMMUNITY DAY
24	25 5:30-6:15 CROSS TRAINING 8:30-9:15 RIPPED 9:15-10:15 EASY DOES IT 10:15-11:15 SENIOR STRETCH 12:10-1:00 MEMBERS CHOICE 5:30-6:30 OULA 6:30-7:30 CARDIO KICKBOXING 7:30-8:30 PILATES	26 5:00-5:55 PILATES 6:00-6:45 BICEPS, TRICEPS & SHOULDERS 7:00-8:15 CHISELED 8:15-9:00 YOGA BALL 9:00-9:30 HEATED YOGA FLOW (BALCONY) 10:00-11:00 CLASSIC YOGA 11:00-12:00 SILVER SNEAKERS 12:10-1:00 GROUP CYCLING 4:15-5:15 GROUP CYCLING 5:15-6:15 YOGA/PILATES 6:15-7:00 TABATA 7:00-7:50 OULA ONE	27 5:30-6:15 BODY SCULPTING 8:30-9:15 OULA ONE 9:15-10:15 EASY DOES IT 10:15-11:15 SENIOR STRETCH 12:10-1:00 MEMBERS CHOICE 1:30-3:00 LINE DANCING 4:15-5:15 FULLBODY FITNESS 5:30-6:15 OULA 6:15-6:45 POUND 6:45-7:30 CARDIO KICKBOXING 7:30-8:30 PILATES	28 5:00-5:55 PILATES 5:00-5:55 PILATES 6:00-6:45 BICEPS, TRICEPS & SHOULDERS 7:00-8:15 CHISELED 8:15-9:00 YOGA BALL 9:00-9:30 HEATED YOGA FLOW (BALCONY) 10:00-11:00 CLASSIC YOGA 11:00-12:00 SILVER SNEAKERS 12:10-1:00 GROUP CYCLING 5:15-6:15 YOGO/PILATES 6:15-7:00 TABATA 7:00-8:30 LINE DANCING	29 5:30-6:15 TRX 9:15-10:15 EASY DOES IT 9:15-9:45 ABS 9:45-10:00 HEATED YOGA FLOW (BALCONY) 10:15-11:00 SENIOR STRETCH 11:00-12:00 SILVER SNEAKERS 12:10-1:00 MEMBERS CHOICE	30 8:30-9:30 YOGA 9:30-10:30 GROUP CYCLING 10:45-11:30 PILATES