



SEPTEMBER



Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 CLOSED LABOR DAY	3 5:00 – 5:45 TABATA 6:00–6:45 POUND 7:00–8:15 MUSCLE & MOVEMENT 8:15–9:00 YOGA BALL 9:15–10:15 HEATED YOGA & ABS(BALCONY) 9:00–10:00 SENIOR STRENGTH 10:00–11:00 CLASSIC YOGA 11:00–12:00 SILVER SNEAKERS 12:10–1:00 TABATA 5:15–6:15 YOGA/PILATES 6:15–7:15 TABATA	4 6:00– 6:55 SPARTAN STRONG 8:30–9:15 TABATA 9:15–10:15 EASY DOES IT 10:15–11:15 SENIOR STRETCH 11:15 – 12:10 SILVERSNEAKERS 12:10–1:00 SPARTAN 1:30–3:00 LINE DANCING 6:30–7:30 CARDIO KICKBOXING	5 5:00–5:55 PILATES 6:00–6:45 POUND 7:00–8:15 MUSCLE & MOVEMENT 8:15–9:00 YOGA BALL 9:00–10:00 SENIOR STRENGTH 10:00–11:00 CLASSIC YOGA 11:00–12:00 SILVER SNEAKERS 12:10–1:00 GUTS & BUTTS 5:15–6:15 YOGA/PILATES 6:15–7:00 BUTTS & GUTS	6 6:00 – 7:00 CROSS TRAINING 8:30–9:15 TABATA 9:15–10:15 EASY DOES IT 9:15–10:15 HEATED YOGA & ABS (BALCONY) 10:15–11:00 SENIOR STRETCH	7 8:30 – 9:30 YOGA
8	9 5:00–5:55 PILATES 6:00– 6:55 SPARTAN STRONG 8:30–9:15 TABATA 9:15–10:15 EASY DOES IT 10:15–11:15 SENIORSTRETCH 11:15–12:10 SILVER SNEAKERS 12:10–1:00 CROSS TRAINING 1:30–2:30 LA BLAST 5:30–6:30 LA BLAST 6:30–7:30 CARDIO KICKBOXING	10 5:00 – 5:45 TABATA 6:00–6:45 POUND 7:00–8:15 MUSCLE & MOVEMENT 8:15–9:00 YOGA BALL 9:15–10:15 HEATED YOGA & ABS(BALCONY) 9:00–10:00 SENIOR STRENGTH 10:00–11:00 CLASSIC YOGA 11:00–12:00 SILVER SNEAKERS 12:10–1:00 TABATA 5:15–6:15 YOGA/PILATES 6:15–7:15 TABATA	11 6:00– 6:55 SPARTAN STRONG 8:30–9:15 TABATA 9:15–10:15 EASY DOES IT 10:15–11:15 SENIOR STRETCH 11:15 – 12:10 SILVERSNEAKERS 12:10–1:00 SPARTAN 1:30–3:00 LINE DANCING 6:30–7:30 CARDIO KICKBOXING	12 5:00–5:55 PILATES 6:00–6:45 POUND 7:00–8:15 MUSCLE & MOVEMENT 8:15–9:00 YOGA BALL 9:00–10:00 SENIOR STRENGTH 10:00–11:00 CLASSIC YOGA 11:00–12:00 SILVER SNEAKERS 12:10–1:00 GUTS & BUTTS 5:15–6:15 YOGA/PILATES 6:15–7:00 BUTTS & GUTS	13 6:00 – 7:00 CROSS TRAINING 8:30–9:15 TABATA 9:15–10:15 EASY DOES IT 9:15–10:15 HEATED YOGA & ABS (BALCONY) 10:15–11:00 SENIOR STRETCH	14 8:30 – 9:30 YOGA
15	16 5:00–5:55 PILATES 6:00– 6:55 SPARTAN STRONG 8:30–9:15 TABATA 9:15–10:15 EASY DOES IT 10:15–11:15 SENIORSTRETCH 11:15–12:10 SILVER SNEAKERS 12:10–1:00 CROSS TRAINING 1:30–2:30 LA BLAST 5:30–6:30 LA BLAST 6:30–7:30 CARDIO KICKBOXING	17 5:00 – 5:45 TABATA 6:00–6:45 POUND 7:00–8:15 MUSCLE & MOVEMENT 8:15–9:00 YOGA BALL 9:15–10:15 HEATED YOGA & ABS(BALCONY) 9:00–10:00 SENIOR STRENGTH 10:00–11:00 CLASSIC YOGA 11:00–12:00 SILVER SNEAKERS 12:10–1:00 TABATA 5:15–6:15 YOGA/PILATES 6:15–7:15 TABATA	18 6:00– 6:55 SPARTAN STRONG 8:30–9:15 TABATA 9:15–10:15 EASY DOES IT 10:15–11:15 SENIOR STRETCH 11:15 – 12:10 SILVERSNEAKERS 12:10–1:00 SPARTAN 1:30–3:00 LINE DANCING 5:30–6:30 LA BLAST 6:30–7:30 CARDIO KICKBOXING	19 5:00–5:55 PILATES 6:00–6:45 POUND 7:00–8:15 MUSCLE & MOVEMENT 8:15–9:00 YOGA BALL 9:00–10:00 SENIOR STRENGTH 10:00–11:00 CLASSIC YOGA 11:00–12:00 SILVER SNEAKERS 12:10 –1:00 GUTS & BUTTS 5:15–6:15 YOGA/PILATES 6:15–7:00 BUTTS & GUTS	20 6:00 – 7:00 CROSS TRAINING 8:30–9:15 TABATA 9:15–10:15 EASY DOES IT 9:15–10:15 HEATED YOGA & ABS (BALCONY) 10:15–11:00 SENIOR STRETCH	21 8:30 – 9:30 YOGA
22	23 5:00–5:55 PILATES 6:00– 6:55 SPARTAN STRONG 8:30–9:15 TABATA 9:15–10:15 EASY DOES IT 10:15–11:15 SENIORSTRETCH 11:15–12:10 SILVER SNEAKERS 12:10–1:00 CROSS TRAINING 1:30–2:30 LA BLAST 5:30–6:30 LA BLAST 6:30–7:30 CARDIO KICKBOXING	24 5:00 – 5:45 TABATA 6:00–6:45 POUND 7:00–8:15 MUSCLE & MOVEMENT 8:15–9:00 YOGA BALL 9:15–10:15 HEATED YOGA & ABS(BALCONY) 9:00–10:00 SENIOR STRENGTH 10:00–11:00 CLASSIC YOGA 11:00–12:00 SILVER SNEAKERS 12:10–1:00 TABATA 5:15–6:15 YOGA/PILATES 6:15–7:15 TABATA	25 6:00– 6:55 SPARTAN STRONG 8:30–9:15 TABATA 9:15–10:15 EASY DOES IT 10:15–11:15 SENIOR STRETCH 11:15 – 12:10 SILVERSNEAKERS 12:10–1:00 SPARTAN 1:30–3:00 LINE DANCING 5:30–6:30 LA BLAST 6:30–7:30 CARDIO KICKBOXING	26 5:00–5:55 PILATES 6:00–6:45 POUND 7:00–8:15 MUSCLE & MOVEMENT 8:15–9:00 YOGA BALL 9:00–10:00 SENIOR STRENGTH 10:00–11:00 CLASSIC YOGA 11:00–12:00 SILVER SNEAKERS 12:10 –1:00 GUTS & BUTTS 5:15–6:15 YOGA/PILATES 6:15–7:00 BUTTS & GUTS	27 6:00 – 7:00 CROSS TRAINING 8:30–9:15 TABATA 9:15–10:15 EASY DOES IT 9:15–10:15 HEATED YOGA & ABS (BALCONY) 10:15–11:00 SENIOR STRETCH	28 8:30 – 9:30 YOGA
29	30 5:00–5:55 PILATES 6:00– 6:55 SPARTAN STRONG 8:30–9:15 TABATA 9:15–10:15 EASY DOES IT 10:15–11:15 SENIORSTRETCH 11:15–12:10 SILVER SNEAKERS 12:10–1:00 CROSS TRAINING 1:30–2:30 LA BLAST 5:30–6:30 LA BLAST 6:30–7:30 CARDIO KICKBOXING					