



# SEPTEMBER '18



Sun	Mon	Tue	Wed	Thu	Fri	Sat
						<b>1</b> 8:30-9:30 YOGA (BALCONY)
<b>2</b>	<b>3</b> 5:15-6:00 TABATA 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 - 12:15 SILVER SNEAKERS 12:10 - 1:00 TABATA 5:00-5:20 HEATED GUTS/BUTTS 5:30-6:30 OULA 6:30-7:30 CARDIO KICKBOXING	<b>4</b> 5:00-5:55 PILATES 6:00-6:45 POUND 7:00-8:15 CHISELED 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 GROUP CYCLING 5:15-6:15 YOGA/PILATES 6:15-7:15 SPARTAN STRONG	<b>5</b> 5:15-6:00 TABATA 6:00-6:55 SPARTAN STRONG 8:30-9:15 TABATA 9:15-10:15 EASY DOES IT 10:15-11:15 SENIOR STRETCH 12:10-1:00 SPARTAN 1:30-3:00 LINE DANCING 5:00 - 5:20 HEATED GUTS/BUTTS 5:30-6:30 OULA 6:30-7:30 CARDIO KICKBOXING	<b>6</b> 5:00-5:55 PILATES 6:00-6:45 POUND 7:00-8:15 CHISELED 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 GROUP CYCLING 5:15-6:15 YOGO/PILATES 6:15-7:00 TABATA	<b>7</b> 9:15-10:15 EASY DOES IT 9:15-10:15 HEATED YOGA & ABS (BALCONY) 10:15-11:00 SENIOR STRETCH	<b>8</b> 8:30-9:30 YOGA (BALCONY)
<b>9</b>	<b>10</b> 5:15-6:00 TABATA 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 - 12:15 SILVER SNEAKERS 12:10 - 1:00 TABATA 5:00-5:20 HEATED GUTS/BUTTS 5:30-6:30 OULA 6:30-7:30 CARDIO KICKBOXING	<b>11</b> 5:00-5:55 PILATES 6:00-6:45 POUND 7:00-8:15 CHISELED 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 GROUP CYCLING 5:15-6:15 YOGA/PILATES 6:15-7:15 SPARTAN STRONG	<b>12</b> 5:15-6:00 TABATA 6:00-6:55 SPARTAN STRONG 8:30-9:15 TABATA 9:15-10:15 EASY DOES IT 10:15-11:15 SENIOR STRETCH 12:10-1:00 SPARTAN 1:30-3:00 LINE DANCING 5:00 - 5:20 HEATED GUTS/BUTTS 5:30-6:30 OULA 6:30-7:30 CARDIO KICKBOXING	<b>13</b> 5:00-5:55 PILATES 6:00-6:45 POUND 7:00-8:15 CHISELED 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 GROUP CYCLING 5:15-6:15 YOGO/PILATES 6:15-7:00 TABATA	<b>14</b> 9:15-10:15 EASY DOES IT 9:15-10:15 HEATED YOGA & ABS (BALCONY) 10:15-11:00 SENIOR STRETCH	<b>15</b> 8:30-9:30 YOGA (BALCONY)
<b>16</b>	<b>17</b> 5:15-6:00 TABATA 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 - 12:15 SILVER SNEAKERS 12:10 - 1:00 TABATA 5:00-5:20 HEATED GUTS/BUTTS 5:30-6:30 OULA 6:30-7:30 CARDIO KICKBOXING	<b>18</b> 5:00-5:55 PILATES 6:00-6:45 POUND 7:00-8:15 CHISELED 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 GROUP CYCLING 5:15-6:15 YOGA/PILATES 6:15-7:15 SPARTAN STRONG	<b>19</b> 5:15-6:00 TABATA 6:00-6:55 SPARTAN STRONG 8:30-9:15 TABATA 9:15-10:15 EASY DOES IT 10:15-11:15 SENIOR STRETCH 12:10-1:00 SPARTAN 1:30-3:00 LINE DANCING 5:00 - 5:20 HEATED GUTS/BUTTS 5:30-6:30 OULA 6:30-7:30 CARDIO KICKBOXING	<b>20</b> 5:00-5:55 PILATES 6:00-6:45 POUND 7:00-8:15 CHISELED 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 GROUP CYCLING 6:15-7:00 TABATA 7:00-9:00 LINE DANCING	<b>21</b> 9:15-10:15 EASY DOES IT 9:15-10:15 HEATED YOGA & ABS (BALCONY) 10:15-11:00 SENIOR STRETCH	<b>22</b> 8:30-9:30 YOGA (BALCONY) 9:30-10:30 GROUP CYCLING 10:45- 11:30 PILATES
<b>23/30</b>	<b>24</b> 5:15-6:00 TABATA 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 - 12:15 SILVER SNEAKERS 12:10 - 1:00 TABATA 4:15-5:15 TOTAL BODY CON'D 5:00-5:20 HEATED GUTS/BUTTS 5:30-6:30 OULA 6:30-7:30 CARDIO KICKBOXING	<b>25</b> 5:00-5:55 PILATES 6:00-6:45 POUND 7:00-8:15 CHISELED 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 GROUP CYCLING 4:15-5:15 GROUP CYCLING 5:15-6:15 YOGA/PILATES 6:15-7:15 SPARTAN STRONG	<b>26</b> 5:15-6:00 TABATA 6:00-6:55 SPARTAN STRONG 8:30-9:15 TABATA 9:15-10:15 EASY DOES IT 10:15-11:15 SENIOR STRETCH 12:10-1:00 SPARTAN 1:30-3:00 LINE DANCING 4:15-5:15 TOTAL BODY CON'D 5:00 - 5:20 HEATED GUTS/BUTTS 5:30-6:30 OULA 6:30-7:30 CARDIO KICKBOXING	<b>27</b> 5:00-5:55 PILATES 6:00-6:45 POUND 7:00-8:15 CHISELED 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 GROUP CYCLING 4:15-5:15 GROUP CYCLING 6:15-7:00 TABATA 7:00-9:00 LINE DANCING	<b>28</b> 9:15-10:15 EASY DOES IT 9:15-10:15 HEATED YOGA & ABS (BALCONY) 10:15-11:00 SENIOR STRETCH	<b>29</b> 8:30-9:30 YOGA (BALCONY) 9:30-10:30 GROUP CYCLING 10:45- 11:30 PILATES