

September 2020

revised 9/2/2020

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	Group Cycling 5:30am - 6:15am Upstairs room 2		Group Cycling 5:30am - 6:15am Upstairs room 2		Group Cycling 5:30am - 6:15am Upstairs room 2	
		Group Cycling 6am - 6:45am Upstairs room 2		Group Cycling 6am - 6:45am Upstairs room 2		
	SilverSneakers 8:00am - 8:45am GYM		SilverSneakers 8:00am - 8:45am GYM			
	Total Body Fitness 9:00am– 10:00am Performance Room		Total Body Fitness 9:00am– 10:00am Performance Room		Total Body Fitness 9:00am– 10:00am Performance Room	Step Sculpt & Abs 8:30am - 9:45am GYM
	Pickle Balll 9:00 am - 10:00am GYM	Yoga 9:15am– 10:15am GYM	Pickle Balll 9:00 am - 10:00am GYM	Yoga 9:15am– 10:15am GYM	Enhanced Fit 9:00am - 10:00am GYM	
	Silver Sneakers 10:15am - 11:15am GYM		Silver Sneakers 10:15am - 11:15am GYM		Silver Sneakers 10:15am - 11:15am GYM	
		Chair Yoga 10:30am -11:30am Board Room		Chair Yoga 10:30am - 11:30am Board Room		Barre 9:00am - 10:00am Board Room
	Enhanced Fit 11:15am - 12:15am GYM		Enhanced Fit 11:15am - 12:15am GYM			
	Zumba 4:30pm - 5:30pm GYM	Beginners Zumba 4:30 pm—5:30pm GYM	Zumba 4:30pm - 5:30pm GYM	Beginners Zumba 4:30pm- 5:30pm GYM		
	Power Pump 5:30pm - 6:25pm GYM	Step Sculpt & Abs 5:30pm - 6:25pm GYM	Pickle Balll 530pm -630pm GYM	Cardio Drills 5:30pm - 6:25pm GYM		
		Barre 5:30pm - 6:30pm Board Room		Barre 5:30pm - 6:30pm Board Room		