

# SEPTEMBER 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>2</b>  LABOR DAY  GYM CLOSED	<b>3</b> Toning 5:45-6:30a Pilates 8:45-9:30a Senior Stretch 9:45-10:15a Tabata 5:45-6:30p Yoga 6:30-7:30p	<b>4</b> Spin 5:40-6:25a Yoga 5:45-6:45p Zumba 6:45-8:00p	<b>5</b> Barre 5:45-6:30a Pilates 8:45-9:30a Senior Stretch 9:45-10:15a Zumba 6-7p Yoga 6:30-7:30p	<b>6</b> Step 5:40-6:30a	<b>7</b> Spin 8:30-9:30a
<b>9</b> Step-n-Pump 5:40-6:30a Yoga 9:00-10:00a Yoga 5:45-6:45p Yoga 6:00-7:00p Zumba 6:45-8:00p	<b>10</b> Toning 5:45-6:30a Pilates 8:45-9:30a Yoga 9:00-10:00a Senior Stretch 9:45-10:15a Zumba 6-7p Yoga 6:30-7:30p	<b>11</b> Spin 5:40-6:25a Yoga 9:00-10:00a Yoga 5:45-6:45p Zumba 6:45-8:00p	<b>12</b> ABs 5:45-6:30a Pilates 8:45-9:30a Senior Stretch 9:45-10:15a Tabata 5:45-6:30p Yoga 6:30-7:30p	<b>13</b> Step 5:40-6:30a	<b>14</b> Spin 8:15-9a Zumba 9:30-10:30a
<b>16</b> Toning (Upper Body) 5:45-6:30a Yoga 9:00-10:00a Yoga 5:45-6:45p Zumba 6-7p Yoga 6:00-7:00p Zumba 6:45-8:00p	<b>17</b> Barre 5:45-6:30a Pilates 8:45-9:30a Yoga 9:00-10:00a Senior Stretch 9:45-10:15a Yoga 6:30-7:30p	<b>18</b> Spin 5:40-6:25a Yoga 9:00-10:00a Yoga 5:45-6:45p Zumba 6:45-8:00p	<b>19</b> Step 5:40-6:30a Pilates 8:45-9:30a Senior Stretch 9:45-10:15a Yoga 6:30-7:30p	<b>20</b>	<b>21</b>
<b>23</b> Step 5:40-6:30a Yoga 9:00-10:00a Yoga 5:45-6:45p Yoga 6:00-7:00p Zumba 6:45-8:00p	<b>24</b> Toning 5:45-6:30a Pilates 8:45-9:30a Yoga 9:00-10:00a Senior Stretch 9:45-10:15a Zumba 6-7p Yoga 6:30-7:30p	<b>25</b> Spin 5:40-6:25a Yoga 9:00-10:00a Yoga 5:45-6:45p Zumba 6:45-8:00p	<b>26</b> ABs 5:45-6:30a Pilates 8:45-9:30a Senior Stretch 9:45-10:15a Tabata 5:45-6:30p Yoga 6:30-7:30p	<b>27</b> Spin 5:40-6:25a	<b>28</b> Zumba 9-10a
<b>30</b> Step 5:40-6:30a Yoga 9:00-10:00a Yoga 5:45-6:45p Yoga 6:00-7:00p Zumba 6:45-8:00p					