

SEPTEMBER

AQUA



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 HAPPY LABOR DAY! OUR 6:30PM AQUA SPIN CLASS IS BACK BEGINNING SEPTEMBER 8TH.	2 8:30-H2Otherapy- LC 9:30-Intense Cardio- LC 10:30-H2Otherapy- DAN 4:15-Intense Cardio-KB	3 8-Aqua Spin- KB 8:30-H2Otherapy- JEN 9-Liquid Cardio- KB 10-Aqua JAMZ- KEL 5:30-Abs & Buns- LC	4 8:30-H2Otherapy- KB 9:30-Intense Cardio- KB 10:30-H2Otherapy- KB 4:15-Intense Cardio- DK	5 8-Aqua Spin- DAN 8:30-H2Otherapy- JEN 9-Liquid Cardio- DAN 10-Yoga/Stretch- KEL	6 8:30-Intense Cardio- JEN
8 8-Aqua Spin- DAN 8:30-H2Otherapy- JEN 9-Liquid Cardio- DAN 5:30-Intense Cardio- LC 6:30-Aqua Spin- LC	9 8:30-H2Otherapy- JEN 9:30-Intense Cardio- JEN 10:30-H2Otherapy- LC 4:15-Intense Cardio- DK	10 8-Aqua Spin- DAN 8:30-H2Otherapy- MK 9-Liquid Cardio- DAN 10-Aqua JAMZ- KEL 5:30-Abs & Buns- LC	11 8:30-H2Otherapy- LC 9:30-Intense Cardio- LC 10:30-H2Otherapy- DAN 4:15-Intense Cardio- DK	12 8-Aqua Spin- MK 8:30-H2Otherapy- JEN 9-Liquid Cardio- MK 10-Yoga/Stretch- KEL	13 8:30-Intense Cardio- JEN
15 8-Aqua Spin- KB 8:30-H2Otherapy- JEN 9- Liquid Cardio- KB 5:30-Intense Cardio- LC 6:30-Aqua Spin- LC	16 8:30-H2Otherapy- DAN 9:30-Intense Cardio- DAN 10:30-H2Otherapy- MK 4:15-Intense Cardio- KB	17 8-Aqua Spin- MK 8:30-H2Otherapy- JEN 9-Liquid Cardio- MK 10-Aqua JAMZ- KEL 5:30-Abs & Buns- LC	18 8:30-H2Otherapy- KB 9:30-Intense Cardio- KB 10:30-H2Otherapy- KB 4:15-Intense Cardio- DK	19 8-Aqua Spin- DAN 8:30-H2Otherapy- LC 9-Liquid Cardio- DAN 10-Yoga/Stretch- KEL	20 8:30-Intense Cardio- JEN
22 8-Aqua Spin- KB 8:30H2Otherapy-JEN 9- Liquid Cardio- KB 5:30-Intense Cardio- LC 6:30-Aqua Spin- LC	23 8:30-H2Otherapy- DAN 9:30-Intense Cardio- DAN 10:30-H2Otherapy- JEN 4:15-Intense Cardio-KB	24 8-Aqua Spin- MK 8:30-H2Otherapy- JEN 9-Liquid Cardio- MK 10-Aqua JAMZ- KEL 5:30-Abs & Buns- LC	25 8:30-H2Otherapy- KB 9:30-Intense Cardio- KB 10:30-H2Otherapy- KB 4:15-Intense Cardio- LC	26 8-Aqua Spin- DAN 8:30-H2Otherapy- LC 9-Liquid Cardio- DAN 10-Yoga/Stretch- KEL	27 8:30-Intense Cardio- DK
29 8-Aqua Spin- MK 8:30-H2Otherapy- DAN 9-Liquid Cardi- MK 5:30-Intense Cardio- LC 6:30-Aqua Spin- LC	30 8:30-H2Otherapy- MK 9:30-Intense Cardio- MK 10:30-H2Otherapy- KEL 4:15-Intense Cardio-DK				Water shoes highly recommended for classes.