

SEPTEMBER

GROUP EXERCISE



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 HAPPY LABOR DAY!	2 9-Cardio/Strength/ Intervals– Jennifer 4:30– Pilates Fusion– Candice 5:45-Cardio/Strength/ Intervals- Kelly S	3 9-Mat Pilates– Jamie 6:00-Kick Azz– Krista	4 9-Jamz– Serena 10:15-Kick Azz– Dan 4:30– Pilates Fusion– Geri 5:45-Yoga– Diane	5 9-20/20/20– Terry 10:15-BS/Barre– Valerie	6 9-Tabata– Candice
7 9:15-Cardio/Strength/ Intervals– Candice 10:30-Yoga– Lynn	8 9-Tabata– Nell 10:15-BS/Abs– Nell 4:45-Barre– Valerie 5:45-Yoga– Geri 6:50-Jamz– Serena	9 9-Cardio/Strength/ Intervals– Jennifer 4:30-Pilates Fusion– Candice 5:45-Cardio/Strength/ Intervals– Kelly S	10 9-Mat Pilates– Valerie 6:00-Kick Azz– Krista	11 9-Jamz– Serena 10:15-Kick Azz– Nell 4:30-Pilates Fusion– Geri 5:45-Yoga– Diane	12 9-20/20/20– Terry 10:15-BS/Barre– Valerie	13 9-20/20/20– Marcella
14 9:15-Tabata– Nell 10:30-Yoga– Serena	15 9-ST/CT– Lisa 10:15-BS/Abs– Dee 4:45-Barre– Valerie 5:45-Yoga– Geri 6:50-Jamz– Karen	16 9-Cardio/Strength/ Intervals– Terry 4:30-Pilates Fusion– Geri 5:45-Cardio/Strength/ Intervals– Kelly S	17 9-Mat Pilates– Jamie 6:00-Kick Azz– Krista	18 9-Jamz– Serena 10:15-Kick Azz– Jennifer 4:30-Pilates Fusion– Geri 5:45-Yoga– Diane	19 9-20/20/20–Jennifer 10:15-BS/Barre– Molly	20 9-CT/Abs– Geri
21 9:15–BS/Barre– Candice 10:30-Yoga– Lynn	22 9-BOSU/CT– Lisa 10:15-BS/Abs– Nell 4:45-Barre– Geri 5:45-Yoga– Geri 6:50-Jamz– Karen	23 9-Cardio/Strength/ Intervals– Terry 4:30-Pilates Fusion– Candice 5:45-Cardio/Strength/ Intervals– Kelly S	24 9-Mat Pilates– Jamie 6:00-Kick Azz– Krista	25 9-Jamz– Serena 10:15-Kick Azz– Terry 4:30-Pilates Fusion– Geri 5:45-Yoga– Diane	26 9-20/20/20– Molly 10:15-BS/Barre– Valerie	27 9-Cardio & Weights Intervals– Jennifer
28 9:15-Kick Azz– Dan 10:30-Yoga– Diane	29 9-ST/CT– Lisa 10:15-BS/Abs– Dee 4:45-Barre– Valerie 5:45-Yoga– Geri 6:50-Jamz– Karen	30 9-Cardio/Strength/ Internals– Lisa 4:30-Pilates Fusion– Candice 5:45-Cardio/Strength/ Intervals- Kelly S				