

SEPTEMBER

GROUP EXERCISE



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 HAPPY LABOR DAY!	2 9:15-Lift & Tone– Dan 10:30-Chair Pilates– Suz 6-Lift & Tone– Jen NEW TIME!	3 9:15-Easy Yoga– Lynn 10:30-Sit & Fit– Jen 6:30-Easy Yoga– Diane	4 9:15-CT/Abs– Terry 10:30-Line Dancing– Holly 11:30-Chair Pilates– Suz	5 9:15-Lift & Tone– Nell 10:30-Sit & Fit– Julie	6 9-Zumba/Jamz– Melissa 10:15-Yoga– Amy
8 9:30-Sit & Fit– Jen 10:30-Sit & Fit– Dan	9 9:15-Lift & Tone– Terry 10:30-Chair Pilates– Suz 6-Lift & Tone– Geri	10 9:15-Easy Yoga– Julie 10:30-Sit & Fit– Julie 6:30-Easy Yoga– Diane	11 9:15-CT/Abs– Dan 10:30-Line Dancing– Holly 11:30-Chair Pilates– Suz	12 9:15-Lift & Tone– Nell 10:30-Sit & Fit– Jen	13 9-Zumba/Jamz– Melissa 10:15-Yoga– Geri
15 9:30-Sit & Fit– Jen 10:30-Sit & Fit– Marcella	16 9:15-Lift & Tone– Valerie 10:30-Chair Pilates– Suz 6-Lift & Tone– Karen	17 9:15-Easy Yoga– Amy 10:30-Sit & Fit– Jen 6:30-Easy Yoga– Diane	18 9:15-CT/Abs– Marcella 10:30-Line Dancing– Holly 11:30-Chair Pilates– Suz	19 9:15-Lift & Tone– Lisa 10:30-Sit & Fit– Julie	20 9-Zumba/Jamz– Melissa 10:15-Yoga– Diane
22 9:30-Sit & Fit– Jen 10:30-Sit & Fit– Marcella	23 9:15-Lift & Tone– Marcella 10:30-Chair Pilates– Suz 6-Lift & Tone– Karen	24 9:15-Easy Yoga– Julie 10:30-Sit & Fit– Julie 6:30-Easy Yoga– Lynn	25 9:15-CT/Abs –Nell 10:30-Line Dancing– Holly 11:30-Chair Pilates– Suz	26 9:15-Lift & Tone– Jen 10:30-Sit & Fit– Jen	27 9-Zumba/Jamz– Melissa 10:15-Yoga– Lynn
29 9:30-Sit & Fit– Dan 10:30-Sit & Fit– Marcella	30 9:15-Lift & Tone– Terry 10:30-Chair Pilates– Suz 6-Lift & Tone– Geri				