



GROUP FITNESS

SPORTS OF ALL SORTS



SEPTEMBER- 2017

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			NEW MONTH NEW MOTIVATION SEPTEMBER MAKE IT COUNT		1 9:30-10:25am (Karin) Senior Strength & Cond. 10:45-11:40am (Lisa) SilverSneakers Classic	2
3	4 9:30-10:25 (Karin) Senior Strength & Cond. 10:45-11:40am (Lisa) SilverSneakers Classic CLOSING @ 5pm - NO p.m. CLASS today.	5 9:30-10:20am (Toni) SENIOR'S YOGA	6 9:30-10:25am (Lisa) Senior Strength & Cond. 10:45-11:40am (ANGI) SilverSneakers Classic 6:30-7:25pm (TONI) YOGA	7 6:30pm-7:15 (Karin) BUTTS & GUTS	8 9:30-10:25am (Karin) Senior Strength & Cond. 10:45-11:40am (Toni) SilverSneakers Classic	9 BOOT CAMP 10:00 Fitness Center (Karin)
10	11 9:30-10:25am (Karin) Senior Strength & Cond. 10:45 - 11:40 (Angi) SilverSneakers Classic 6:30 - 7:30 JEANNINE STRONG - By: Zumba!	12 9:30-10:20am (Toni) SENIOR'S YOGA	13 = Senior Picnic 9:30-10:25am (Karin) Senior Strength & Cond. 10:45-11:40am (Toni) SilverSneakers Classic 6:30pm-7:15 WES POUND	14 6:30pm-7:15 (Karin) BUTTS & GUTS	15 9:30-10:25am (Karin) Senior Strength & Cond. 10:45-11:40am (Toni) SilverSneakers Classic	16 YOGA !! 10:00am TONI
17	18 9:30-10:25am (Karin) Senior Strength & Cond. 10:45-11:40am (Lisa) SilverSneakers Classic 6:30 - 7:30 WES POUND !!	19 9:30-10:20am (Toni) SENIOR'S YOGA	20 9:30-10:25am (Angi) Senior Strength & Cond. 10:45-11:40am (Lisa) SilverSneakers Classic 6:30-7:25pm (TONI) YOGA	21 6:30pm-7:15 (Karin) BUTTS & GUTS	22 9:30-10:25am (Karin) Senior Strength & Cond. 10:45-11:40am (Lisa) SilverSneakers Classic	23 P O U N D !! With WES In Group Fitness Room 10:00 a.m. GET YOUR SWEAT ON!!
24	25 9:30-10:25am (Karin) Senior Strength & Cond. 10:45-11:40 (ANGI) SilverSneakers Classic 6:30-7:30 pm JEANNINE STRONG - By: ZUMBA	26 9:30-10:20 (Toni) SENIOR'S YOGA	27 9:30-10:25 (Karin) Senior Strength & Cond. 10:45-11:40 (Toni) SilverSneakers Classic 6:30-7:15 (Karin) CARDIO SCULPT!!	28 6:30 - 7:15 (Karin) BUTTS & GUTS	29 9:30 - 10:25 (Karin) Senior Strength & Cond. 10:45 - 11:30 (Toni) SilverSneakers Classic FUN FRIDAY PICKLEBALL 2:00 - 5:00 p.m.	30 BOOT CAMP 10:00 Fitness Center (Karin)