



GROUP FITNESS

SPORTS OF ALL SORTS



SEPTEMBER 2021

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2	3	4
	HELLO <i>September</i>	PLEASE SIGN UP IN ADVANCE FOR DRUMMING CLASS! SPACE IS LIMITED! 	9:30 - 10:15 Senior-FIT 10:30-11:15 Silver Sneaker's Classic AMY	NEW IN SEPT! 9:00-9:45 CHAIR YOGA! TONI CARDIO DRUMMING! 10:00-10:45 AMY	9:30 - 10:15 Senior-FIT AMY 10:30-11:15 Silver Sneaker's Classic TONI	
5	6 	7 9:00-9:45 CHAIR YOGA! TONI CARDIO DRUMMING! 10:00-10:45 AMY	8 9:30 - 10:15 Senior-FIT 10:30 - 11:15 Silver Sneakers Classic AMY	9 9:00-9:45 CHAIR YOGA! TONI CARDIO DRUMMING! 10:00-10:45 AMY	10 9:30 - 10:15 Senior-FIT AMY 10:30-11:15 Silver Sneaker's Classic TONI	11
12	13 9:30 - 10:15 Senior-FIT AMY 10:30-11:15 Silver Sneaker's Classic TONI	14 9:00-9:45 CHAIR YOGA! TONI CARDIO DRUMMING! 10:00-10:45 AMY	15 9:30 - 10:15 Senior-FIT 10:30 - 11:15 Silver Sneakers Classic AMY	16 9:00-9:45 CHAIR YOGA! TONI CARDIO DRUMMING! 10:00-10:45 AMY	17 9:30 - 10:15 Senior-FIT AMY 10:30-11:15 Silver Sneaker's Classic TONI	18
19	20 9:30 - 10:15 Senior-FIT AMY 10:30-11:15 Silver Sneaker's Classic TONI	21 9:00-9:45 CHAIR YOGA! TONI CARDIO DRUMMING! 10:00-10:45 AMY	22 9:30 - 10:15 Senior-FIT 10:30 - 11:15 Silver Sneakers Classic AMY	23 9:00-9:45 CHAIR YOGA! TONI CARDIO DRUMMING! 10:00-10:45 AMY	24 9:30 - 10:15 Senior-FIT AMY 10:30-11:15 Silver Sneaker's Classic TONI	25
26 	27 9:30 - 10:15 Senior-FIT AMY 10:30-11:15 Silver Sneaker's Classic TONI	28 9:00-9:45 CHAIR YOGA! TONI CARDIO DRUMMING! 10:00-10:45 AMY	29 9:30 - 10:15 Senior-FIT 10:30 - 11:15 Silver Sneakers Classic AMY	30 9:00-9:45 CHAIR YOGA! TONI CARDIO DRUMMING! 10:00-10:45 AMY		NEW IN SEPT YOGA WITH TONI!! TUES/THURS 9:00-9:30AM