



GROUP FITNESS

SPORTS OF ALL SORTS



SEPTEMBER 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY					
<h1>September</h1>					1	2					
										TAI CHI WITH AMY 8:45-9:15AM 9:30 - 10:15 Senior-FIT AMY 10:30-11:15 Silver Sneaker's Classic TONI	
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3	4	5	6	7	8	9					
		9:30-10:15 CARDIO-DANCE AMY 10:30-11:15 SILVER SNEAKERS YOGA TONI	9:30 - 10:15 CIRCUIT 10:30 - 11:15 Silver Sneaker's Classic AMY	9:30-10:15 CARDIO DRUMMING AMY 10:30-11:15 SILVER SNEAKERS YOGA TONI	TAI CHI WITH AMY 8:45-9:15AM 9:30 - 10:15 Senior-FIT AMY 10:30-11:15 Silver Sneaker's Classic TONI						
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