

September

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	6:00AM Breakfast Bootcamp		6:00AM Breakfast Bootcamp		6:00AM Breakfast Bootcamp	
	8:30AM Silver Strength	8:30AM Chair Yoga	8:30AM Silver Strength	8:30AM Chair Yoga	8:30AM Silver Strength	8:30AM Tabata
			9:00AM Gentle Yoga			
	9:30AM Step Aerobics			9:30AM Dance 2Fit	9:30AM Cardio Blast	9:30AM Body Groove
	10:00AM Aqua Fit	10:00AM Youth Yoga	10:00AM Aqua Fit	10:00AM Slow Flow Yoga	10:00AM Aqua Fit	10:00AM Power Yoga
	10:30AM Cardio & Strength		10:30AM Slow Flow Yoga		10:30AM Cardio & Strength	
		4:30PM Tabata		4:30PM Tabata		
	5:30PM Step N' Strength	5:30PM Core & Mobility	5:30PM Zumba	5:30PM Step N' Strength	5:30PM Pilates	
	6:00PM Power Yoga					
	7:00PM Dance 2Fit					