

September Group Exercise Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday
8:30am	Body Transformation Anissa Studio A	HIIT Allison Large Gym (outside weather permitting)	Strength Train Together® Allison Studio A	HIIT Amy T Large Gym (outside weather permitting)	Aqua Zumba® Sandee Outdoor Pool
9:30am	Zumba® Sandee Large Gym	Zumba Toning® Sandee Studio A (no class 9/8)	Zumba® Sandee Large Gym	Aqua Zumba® Sandee Pool	Sculpt & Tone (45min) Anissa Studio A
10:30am	Strength Train Together® Allison Studio A	Candlelight Yoga Myrna Studio A	Aqua Boot Camp Carol Pool	Yoga with Support Claire Studio A	Yoga Cathy Studio A
10:30am	Aqua Mix Carol Pool	Aqua Mix Allison Outdoor Pool	Flow Yoga Cathy Studio A	Aqua Mix Allison Outdoor Pool	Zumba® Erin Large Gym
11:45am	SilverSneakers® Classic Allison Studio A	SilverSneakers® Circuit Allison Studio A	Line Dance Barbara/Jullian Studio A	SilverSneakers® Classic Allison Studio A	Strength Train Together® Sandee Studio A
5:30pm	Strength Train Together® Dana Studio A	Fresh Air Fitness Dana Soccer Field/Fieldhouse	Cardio Kickboxing Stephanie Studio A	Cardio Blast Dana Studio A	
6:45pm	Group Cycle (45mins) Dana Small Gym	Strength Train Together® Erin Studio A	Flow Yoga II Cathy Studio A	Strength Train Together® Stephanie Studio A	Group Cycle Dana Studio A
	Flow Yoga Cathy Studio A	Zumba® Erin Studio A		Group Cycle (45mins) Dana Small Gym	Strength Train Together® Dana Studio A
					Zumba® Erin Small Gym/Studio A

Saturday

Closed Labor Day



- Classes in Studio A are limited to 17 participants.
- Reservation cards will be available 1 hour before class. SilverSneaker Classes can be reserved by phone after 2:00pm on weekday before class
- Please bring you own water, towel, yoga mat, strap and blocks. Other equipment will be provided and sanitized after every class. Aqua equipment will not be used.

Join us for pick up Tennis
Starting 9/15
Tuesday's 8:30am to 10:30am