

# September Group Exercise Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday
8:30am	<b>Body Transformation</b> Anissa Studio A	<b>HIIT</b> Jessica Studio A (STARTS 9/14)	<b>Group Power®</b> Allison Studio A	<b>HIIT</b> Leslie Large Gym	<b>Sculpt &amp; Tone</b> Anissa Studio A
9:30am	<b>Pilates</b> Allison Studio A	<b>HIIT</b> Allison Large Gym	<b>Zumba®</b> Sandee Large Gym	<b>SoulBody Barre Unhitched®</b> Shannon Studio A	<b>Yoga</b> Cathy Studio A
	<b>Zumba®</b> Sandee Large Gym	<b>Group Cycle</b> Leslie Cycle Studio	<b>Aqua Boot Camp</b> Carol Pool	<b>Group Cycle</b> Leslie Cycle Studio	<b>Aqua Zumba®</b> Sandee Pool
10:30am	<b>Group Power®</b> Allison Studio A	<b>Zumba Gold Toning®</b> Sandee Studio A	<b>Flow Yoga</b> Cathy Studio A	<b>Aqua Zumba®</b> Sandee Pool	<b>Group Power®</b> Leslie Studio A
	<b>Aqua Mix</b> Carol Pool	<b>Candlelight Yoga</b> Myrna Studio A	<b>Group Power®</b> Sandee Studio A	<b>Gentle Candlelight Yoga</b> Claire Studio A	
11:45am	<b>SilverSneakers®</b> Classic Wendy Studio A	<b>Aqua Mix</b> Allison Pool		<b>Aqua Mix</b> Christina Pool	<b>Group Cycle</b> Dana Studio A
	<b>Group Cycle</b> Allison Cycle Studio	<b>SilverSneakers®</b> Classic Allison Studio A		<b>SilverSneakers®</b> Classic Christina Studio A	<b>Aqua Mix</b> Christina Outdoor Pool
5:30pm	<b>Group Power®</b> Dana Studio A		<b>Aqua Tabata</b> Christina Pool	<b>Group Power®</b> Erin Studio A	<b>Group Power®</b> Dana Studio A
6:35pm	<b>Group Cycle</b> Dana Cycle Studio	<b>Group Power®</b> Erin Studio A	<b>Flow Yoga II</b> Cathy Studio A	<b>Group Cycle</b> Dana Cycle Studio	<b>Zumba®</b> Erin Studio A
	<b>Flow Yoga</b> Cathy Studio A	<b>Zumba®</b> Erin Studio A		<b>Zumba®</b> Erin Studio A	
6:35pm		<b>Cardio Kickboxing</b> Stephanie Studio A			



**FACILITY IS CLOSED  
MONDAY 9/6  
FOR LABOR DAY  
No Yoga Sunday 9/5**

**Pickleball**  
Tuesday 9:30am - 12:30pm - large gym  
Wednesday 9:30 am - 12:30 Tennis Courts

Saturday	
8:15am	<b>Group Cycle</b> Dana Studio A
9:30am	<b>Aqua Mix</b> Christina Outdoor Pool
	<b>Group Power®</b> Dana Studio A
10:35am	<b>Zumba®</b> Erin Studio A
Sunday	
2:00pm	<b>Yoga Faith</b> Claire Studio A (no class 9/5)