

**Must be signed up for early morning classes
by 8pm the night before*

Fitness Class Calendar September 2016



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 8-8:50am Balance for Life 9-9:50 am Cardio Drumming 10-10:50 am Pilates	2 9-9:50am Pure Strength 10-10:50am Full Body Fitness	3 9-9:50am Cardio Drumming
4 No Class on Sunday	5 *CLOSED* Labor Day	6 Switch it Up: Abs & Glutes 7-7:50am* 8-8:50am Balance for Life* 9-9:50am Cardio Drumming 10-10:50am Pilates	7 7:45-8:30am Butts & Guts* 10-10:50am Stability Ball Class 5:30-6:20pm Step & Flex	8 Switch it Up: Abs & Glutes 7-7:50am* 8-8:50am Balance for Life* 9-9:50am Cardio Drumming 10-10:50 am Pilates	9 9-9:50am Pure Strength 10-10:50am Full Body Fitness	10 9-9:50am Cardio Drumming
11 No Class on Sunday	12 9-9:50am Pure Strength 10-10:50am Full Body Fitness	13 Switch it Up: Kettlebells 7-7:50am* 8-8:50am Balance for Life* 9-9:50am Cardio Drumming 10-10:50am Pilates	14 7:45-8:30am Butts & Guts* 10-10:50am Stability Ball Class 5:30-6:20pm Step & Flex	15 Switch it Up: Kettlebells 7-7:50am* 8-8:50am Balance for Life* 9-9:50am Cardio Drumming 10-10:50 am Pilates	16 9-9:50am Pure Strength 10-10:50am Full Body Fitness	17 9-9:50am Cardio Drumming Light the Night 5K Fun Run/Walk Go to Active.com to register!
18 No Class on Sunday	19 9-9:50am Pure Strength 10-10:50am Full Body Fitness	20 Switch it Up: Kickboxing 7-7:50am* 8-8:50am Balance for Life* 9-9:50am Cardio Drumming 10-10:50am Pilates	21 7:45-8:30am Butts & Guts* 10-10:50am Stability Ball Class 5:30-6:20pm Step & Flex	22 Switch it Up: Kickboxing 7-7:50am* 8-8:50am Balance for Life* 9-9:50am Cardio Drumming 10-10:50 am Pilates	23 9-9:50am Pure Strength 10-10:50am Full Body Fitness	24 9-9:50am Cardio Drumming
25	26 9-9:50am Pure Strength 10-10:50am Full Body Fitness	27 Switch it Up: Step Aerobics 7-7:50am* 8-8:50am Balance for Life* 9-9:50am Cardio Drumming 10-10:50am Pilates	28 7:45-8:30am Butts & Guts* 10-10:50am Stability Ball Class 5:30-6:20pm Step & Flex	29 Switch it Up: Step Aerobics 7-7:50am* 8-8:50am Balance for Life* 9-9:50am Cardio Drumming 10-10:50 am Pilates	30 9-9:50am Pure Strength 10-10:50am Full Body Fitness	1 9-9:50am Cardio Drumming

Please sign up at the fitness center or call 337-7000 at least 1 hour before class time 😊