

# SEPTEMBER CLASS SCHEDULE

Mon	Tue	Wed	Thu	Sat
		<b>1</b> 6:00am Abs & Back- 10:30am Silver Sneakers-Terry 12:15pm Boot Camp Conditioning-Allen 6:00pm Zumba-Terry 7:00pm Kickboxing-Traci	<b>2</b> 8:00am Stretch & Tone-Brenda 6:00pm Fat Burner-Grey <b>6:30pm Spin-Donna</b> 7:00pm Yoga/Pilates-Katy	<b>4</b> 8:00am Zumba-Terry
<b>6</b> <b>Labor Day</b> <b>No Classes</b>	<b>7</b> 8am Body Sculpt-Brenda 5:50pm Cardio-Dance-Emily 7:00pm Fat Burner –Alicia	<b>8</b> 6:00am Abs & Back- 10:30am Silver Sneakers-Terry 12:15pm Boot Camp Conditioning-Allen 6:00pm Zumba-Terry 7:00pm Kickboxing-Traci	<b>9</b> 8:00am Stretch & Tone-Brenda 6:00pm Fat Burner-Grey <b>6:30pm Spin-Donna</b> 7:00pm Yoga/Pilates-Katy	<b>11</b> 8:00am Zumba-Terry
<b>13</b> 10:30am-Silver Sneakers-Brenda 12:15pm Boot Camp Conditioning-Allen 6:00pm Zumba-Alexis 7:00pm Muscle Pump- Traci <b>7:00pm Beginner Spin-William</b>	<b>14</b> 8am Body Sculpt-Brenda 5:50pm Cardio-Dance-Emily 7:00pm Fat Burner-Alicia	<b>15</b> 6:00am Abs & Back- 10:30am Silver Sneakers-Terry 12:15pm Boot Camp Conditioning-Allen 6:00pm Zumba-Terry 7:00pm Kickboxing-Traci	<b>16</b> 8:00am Stretch & Tone-Brenda 6:00pm Fat Burner-Grey <b>6:30pm Spin-Donna</b> 7:00pm Yoga/Pilates-Katy	<b>18</b> 8:00am Zumba-Terry
<b>20</b> 10:30am-Silver Sneakers-Brenda 12:15pm Boot Camp Conditioning-Allen 6:00pm Zumba-Alexis 7:00pm Muscle Pump- Traci <b>7:00pm Beginner Spin-William</b>	<b>21</b> 8am Body Sculpt-Brenda 5:50pm-Cardio-Dance-Emily 7:00pm Fat Burner -Alicia	<b>22</b> 6:00am Abs & Back- 10:30am Silver Sneakers-Terry 12:15pm Boot Camp Conditioning-Allen 6:00pm Zumba-Terry 7:00pm Kickboxing-Traci	<b>23</b> 8:00am Stretch & Tone-Brenda 6:00pm Fat Burner-Grey <b>6:30pm Spin-Donna</b> 7:00pm Yoga/Pilates-Katy	<b>25</b> 8:00am Zumba-Terry
<b>27</b> 10:30am-Silver Sneakers-Brenda 12:15pm Boot Camp Conditioning-Allen 6:00pm Zumba-Alexis 7:00pm Muscle Pump- Traci <b>7:00pm Beginner Spin-William</b>	<b>28</b> 8am Body Sculpt-Brenda 5:50pm-Cardio-Dance-Emily 7:00pm Fat Burner -Alicia	<b>29</b>	<b>30</b>	