

SEPTEMBER PM FITNESS SCHEDULE

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>*Classes held in Cycle Studio</p> <p>Classes in bold on schedule are fee based programs</p> <p>-Classes in the GYM will be posted after class time</p>			<p>1 Tone & Sculpt w/ Mackenzie 5:30</p> <p>Busy Bodies w/Ted 5:45 (GYM)</p> <p>*Pilates w/Mackenzie 6:05</p> <p>Latin Ballroom Dance w/ Alex 6-7</p>	<p>2 *Int/Adv Yoga w/Audra 5:30-6:30</p> <p>Body Sculpt w/Constance 6:30</p> <p>*Belly Dancing w/ Ayla 6:30</p> <p>Hula Hoop Aerobics w/ Constance 7:30</p>	<p>3</p> <p>Belly Dancing w/Alex 5-6</p> <p>Hula Hooping (Adults & Children) w/Constance 6:15</p>	<p>4</p>
<p>5</p> <p>Pilates w/Susan 1:30-2:30</p>	<p>6</p> <p>LABOR DAY</p> <p>No Evening Classes</p>	<p>7 Focused Fitness w/Nancy 5:30-6:00</p> <p>*Int/Adv Yoga w/Audra 5:30-6:30</p> <p>Bhangra Beatz w/Amy 6-7</p> <p>*International Dance w/ Ayla 7:15-8:15</p> <p>Bootcamp w/Constance 7-8</p>	<p>8 Tone & Sculpt w/ Mackenzie 5:30</p> <p>Busy Bodies w/Ted 5:45 (GYM)</p> <p>*Pilates w/Mackenzie 6:05</p> <p>Latin Ballroom Dance w/ Alex 6-7</p>	<p>9 *Int/Adv Yoga w/Audra 5:30-6:30</p> <p>Body Sculpt w/Constance 6:30</p> <p>*Belly Dancing w/ Ayla 6:30</p> <p>Hula Hoop Aerobics w/ Constance 7:30</p>	<p>10</p> <p>Belly Dancing w/Alex 5-6</p> <p>Hula Hooping (Adults & Children) w/Constance 6:15</p>	<p>11</p>
<p>12</p> <p>Pilates w/Susan 1:30-2:30</p>	<p>13</p> <p>Hi Intensity Intervals w/ Brenda 6:00</p> <p>Zumba w/Xavier 6:30</p> <p>*All Level Yoga w/Mark 6</p> <p>*Prenatal T.B.C. w/Elizabeth 7</p>	<p>14 Focused Fitness w/ Nancy 5:30-6:00</p> <p>*Int/Adv Yoga w/Audra 5:30-6:30</p> <p>Bhangra Beatz w/Amy 6-7</p> <p>*International Dance w/ Ayla 7:15-8:15</p> <p>Bootcamp w/Constance 7-8</p>	<p>15 Tone & Sculpt w/ Mackenzie 5:30</p> <p>Busy Bodies w/Ted 5:45 (GYM)</p> <p>*Pilates w/Mackenzie 6:05</p> <p>Latin Ballroom Dance w/ Alex 6-7</p>	<p>16 *Int/Adv Yoga w/Audra 5:30-6:30</p> <p>Body Sculpt w/Constance 6:30</p> <p>NO Belly Dancing w/Alex</p> <p>Hula Hoop Aerobics w/ Constance 7:30</p>	<p>17</p> <p>NO Belly Dancing w/ Alex</p> <p>Hula Hooping (Adults & Children) w/Constance 6:15</p>	<p>18</p>
<p>19</p> <p>Pilates w/Susan 1:30-2:30</p>	<p>20</p> <p>Hi Intensity Intervals w/ Brenda 6:00</p> <p>Zumba w/Xavier 6:30</p> <p>*All Level Yoga w/Mark 6</p> <p>*Prenatal T.B.C. w/Elizabeth 7</p>	<p>21 Focused Fitness w/ Nancy 5:30-6:00</p> <p>*Int/Adv Yoga w/Audra 5:30-6:30</p> <p>Bhangra Beatz w/Amy 6-7</p> <p>*International Dance w/ Ayla 7:15-8:15</p> <p>Bootcamp w/Constance 7-8</p>	<p>22 Tone & Sculpt w/ Mackenzie 5:30</p> <p>Busy Bodies w/Ted 5:45 (GYM)</p> <p>*Pilates w/Mackenzie 6:05</p> <p>Latin Ballroom Dance w/ Alex 6-7</p>	<p>23 *Int/Adv Yoga w/Audra 5:30-6:30</p> <p>Body Sculpt w/Constance 6:30</p> <p>*Belly Dancing w/ Ayla 6:30</p> <p>Hula Hoop Aerobics w/ Constance 7:30</p>	<p>24</p> <p>Belly Dancing w/Alex 5-6</p> <p>Hula Hooping (Adults & Children) w/Constance 6:15</p>	<p>25</p>
<p>26</p> <p>Pilates w/Susan 1:30-2:30</p>	<p>27</p> <p>Hi Intensity Intervals w/ Brenda 6:00</p> <p>Zumba w/Xavier 6:30</p> <p>*All Level Yoga w/Mark 6</p> <p>*Prenatal T.B.C. w/Elizabeth 7</p>	<p>28 Focused Fitness w/ Nancy 5:30-6:00</p> <p>*Int/Adv Yoga w/Audra 5:30-6:30</p> <p>Bhangra Beatz w/Amy 6-7</p> <p>*International Dance w/ Ayla 7:15-8:15</p> <p>Bootcamp w/Constance 7-8</p>	<p>29 Tone & Sculpt w/ Mackenzie 5:30</p> <p>Busy Bodies w/Ted 5:45 (GYM)</p> <p>*Pilates w/Mackenzie 6:05</p> <p>Latin Ballroom Dance w/ Alex 6-7</p>	<p>30</p> <p>*Int/Adv Yoga w/Audra 5:30-6:30</p> <p>Body Sculpt w/Constance 6:30</p> <p>*Belly Dancing w/ Ayla 6:30</p> <p>Hula Hoop Aerobics w/ Constance 7:30</p>		

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TRANSITION PM FITNESS SCHEDULE

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 Tone & Sculpt w/ Mackenzie 5:30 Turn & Burn w/Ted 5:45 (GYM) *Pilates w/Mackenzie 6 Zumba w/Eva 6:30	2 Battling Ropes w/ Vanessa 5:30-6:30 *Int/Adv Yoga w/Audra 5:30-6:30 *Belly Dancing w/ Eva 6:30	3 Belly Dancing w/Eva 5-6	4
5 Pilates w/Susan 1:30-2:30	6 Battling Ropes w/ Vanessa 5:30-6:30 Zumba w/Xavier 6:30 *All Level Yoga w/Mark 6 *Prenatal T.B.C. w/Elizabeth 7 Upper Body Sculpt w/ Constance 7:30	7 Hoop Dance 101 w/Kelly 5-6 *Int/Adv Yoga w/Audra 5:30-6:30 Bhangra Beatz w/Amy 6-7 Lower Body Sculpt w/ Constance 7-8	8 Tone & Sculpt w/ Mackenzie 5:30 Turn & Burn w/Ted 5:45 (GYM) *Pilates w/Mackenzie 6 Zumba w/Eva 6:30	9 Battling Ropes w/ Vanessa 5:30-6:30 *Int/Adv Yoga w/Audra 5:30-6:30 *Belly Dancing w/ Eva 6:30	10 Belly Dancing w/Eva 5-6	11
12 Pilates w/Susan 1:30-2:30	13 Battling Ropes w/ Vanessa 5:30-6:30 Zumba w/Xavier 6:30 *All Level Yoga w/Mark 6 *Prenatal T.B.C. w/Elizabeth 7 Upper Body Sculpt w/ Constance 7:30	14 Hoop Dance 101 w/Kelly 5-6 *Int/Adv Yoga w/Audra 5:30-6:30 Bhangra Beatz w/Amy 6-7 Lower Body Sculpt w/ Constance 7-8	15 Tone & Sculpt w/ Mackenzie 5:30 Turn & Burn w/Ted 5:45 (GYM) *Pilates w/Mackenzie 6 Zumba w/Eva 6:30	16 Battling Ropes w/ Vanessa 5:30-6:30 *Int/Adv Yoga w/Audra 5:30-6:30 *Belly Dancing w/ Eva 6:30	17 Belly Dancing w/Eva 5-6	18
19 Pilates w/Susan 1:30-2:30	20 Battling Ropes w/ Vanessa 5:30-6:30 Zumba w/Xavier 6:30 *All Level Yoga w/Mark 6 *Prenatal T.B.C. w/Elizabeth 7 Upper Body Sculpt w/ Constance 7:30	21 Hoop Dance 101 w/Kelly 5-6 *Int/Adv Yoga w/Audra 5:30-6:30 Bhangra Beatz w/Amy 6-7 Lower Body Sculpt w/ Constance 7-8	22 Tone & Sculpt w/ Mackenzie 5:30 Turn & Burn w/Ted 5:45 (GYM) *Pilates w/Mackenzie 6 Zumba w/Eva 6:30	23 Battling Ropes w/ Vanessa 5:30-6:30 *Int/Adv Yoga w/Audra 5:30-6:30 *Belly Dancing w/ Eva 6:30	24 Belly Dancing w/Eva 5-6	25
26 Pilates w/Susan 1:30-2:30	27 Battling Ropes w/ Vanessa 5:30-6:30 Zumba w/Xavier 6:30 *All Level Yoga w/Mark 6 *Prenatal T.B.C. w/Elizabeth 7 Upper Body Sculpt w/ Constance 7:30	28 Hoop Dance 101 w/Kelly 5-6 *Int/Adv Yoga w/Audra 5:30-6:30 Bhangra Beatz w/Amy 6-7 Lower Body Sculpt w/ Constance 7-8	29 Tone & Sculpt w/ Mackenzie 5:30 Turn & Burn w/Ted 5:45 (GYM) *Pilates w/Mackenzie 6 Zumba w/Eva 6:30	30 Battling Ropes w/ Vanessa 5:30-6:30 *Int/Adv Yoga w/Audra 5:30-6:30 *Belly Dancing w/ Eva 6:30		

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