

September Group Exercise

	Time	Class	Instructor	Location
Monday	9:00 AM	Keep Moving	Jimmi	Studio A
	9:15AM	Core Blast 30 MIN.	Liz	Studio B
	10:00 AM	BodyPump®	Marissa	Studio B
	10:15 AM	Pom-Poms	Emma	Studio A
	11:30 AM	Yoga	Ryan	Studio A
	5:30 PM	HIIT The Ground Running	Emma	Studio A/Stairs
	6:30 PM	MixedFit®	Mickey	Studio A
	6:00PM	New class Hip-Hop Step Aerobics Only 9/12 & 9/19	Jamita	Studio B
Tuesday	9:00 AM	Essential Fitness	Emma	Studio A
	10:00 AM	SilverSneakers® Yoga	Lynn	Studio A
	10:00 AM	Walk This Way	Emma	Meet in Lobby
	11:15 AM	Mat Strong Stretch Balance	Emma	Studio A
	5:30PM	Cardio & Core	Emma	Studio A
	6:15PM	BodyPump®	Marissa	Studio B
	6:30PM	MixedFit®	DeeDee	Studio A
Wednesday	8:00AM	Function First	Liz	Studio B
	9:00 AM	Sweat	Emma	Studio A
	9:15AM	Core Blast 30 MIN	Liz	Studio B
	10:00AM	BodyPump®	Liz	Studio B
	10:00 AM	Vinyasa (Flow) Yoga-Mat Based	Lynn	Studio A
	10:00 AM	Walk This Way	Emma	Meet in Lobby
	11:15AM	Strong Stretch Balance	Emma	Studio A
	5:30 PM	Pom-Poms	Emma	Studio A
	6:30 PM	Body Blast	Emma	Track or outside
6:00PM	New Class Hip-Hop Step Aerobics Only 9/14 & 9/21	Jamita	Studio B	
Thursday	8:00 AM	SilverSneakers® Classic	Constance G.	Studio A
	9:00 AM	Tai Chi for Flexibility and Arthritis	James	Studio B
	9:00 AM	SilverSneakers® Classic	Constance G.	Studio A
	10:00 AM	Yoga	Ginny	Studio A
	11:00 AM	SilverSneakers® Yoga	Lynn	Studio A
	5:30 pm	Turn up Fitness	Drea	Studio A
	6:15PM	BodyPump®	Marissa	Studio B
Friday	8:00 AM	SilverSneakers® Boom	Constance	Studio A
	9:00 AM	Keep Moving	Jimmi	Studio A
	10:00 AM	Yoga	Ryan	Studio A
	11:15 AM	Functional First	Liz	
Saturday				