

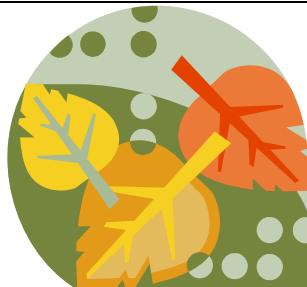


S E P T E M B E R

Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
Boot Camp 6:30-7:30 am Helen		Indoor Cycling 6:15-7:00 am Marie		Boot Camp 6:30-7:30 am Helen		Indoor Cycling 6:15-7 am Helen		Boot Camp 6:30-7:30 am Helen		9:15-10:15 Hatha Yoga Julie	
Aqua Aerobics 8:30-9:30 am Helen				Floor, Core and More 8:30-9:30 am Kerri				Aqua Aerobics 8:30-9:30 am Helen			
Pump it Up Lynn 9:30-10:30am West Gym	Cycling 9:30-10:15 Angela			Aqua Aerobics 8:30-9:30 Helen	Cycling 9:30-10:15 Tiffany	Energy Extreme 9:00-10:15 am Fay		Floor, Core and More 8:30-9:30 Kerri		 <p style="color: blue; text-align: center;">Health is a state of complete physical, mental and social well-being, and not merely the absence of disease or infirmity. ~World Health Organization, 1948</p> <p style="background-color: yellow; color: red; text-align: center; font-weight: bold;">*Please note that schedules CAN change on a monthly basis</p>	
Yampah Yahoos 8:30-930 am 9:30-10:30 am Michelle		Energy Extreme 9:00-10:15 am Fay		Yampah Yahoos 8:30-930 am 9:30-10:30 am Michelle		On The Ball 12-1 pm Helen		Yampah Yahoos 8:30-930 am 9:30-10:30 am Michelle			
		On The Ball 12-1 pm Helen		Mountain Valley 10:30-11 am Helen		Indoor Cycling 4-4:45 pm Helen		Indoor Cycling 9:30-10:15 Angela			
Mountain Valley Helen 10:30-11am	Power Tone Laurie 12-1	4-4:45pm Indoor Cycling Helen		Indoor Cycling Ron 12-12:45	Yoga Fusion Laurie 12-1			Pump It Up 10:30-11:30 Lynn			
Fitness Pilates 4:30-5:30 pm Kerri		5:30-6:30 Flexible Strength (Yoga/Pilates) Michelle		BACK Fun and Fitness (Youth Class) 3:45-4:30 Kerri		Intro to Group Fitness 5:30-6:30 Fay		Indoor Cycling 12-12:45 pm Helen			
5:30-6:30pm Kickboxing Heather		6:45-7:45 Zumba Laurie		Fitness Pilates 4:30-5:30pm Kerri		Flexible Strength (Yoga/Pilates) 6:30-7:30 Michelle					
Ricardo's Latin Dance Classes will be canceled Sept 6th- Oct 4th. They will resume as usual on Oct 11th. Thank you!		8-9pm Yoga Laurie		-NEW Time- Power Circuit Training 5:45-6:45 Angela		8-9 pm Mat Pilates Laurie					