

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY/SATURDAY
	1 5:30 Cardio Bootcamp 6:00 Sunrise Cycle 8:00 Cardio Pump 10:00 SilverSneakers Classic 5:00pm Jazzercise	2 9:00 SilverSneakers Yoga 9:00 Full body stretch 5:00pm Jazzercise 5:30pm This Ain't No Dance Cl 6:15pm Sculpt & tone 6:30pm Power Yoga	3 5:30 Cardio Bootcamp 6:00 Sunrise Cycle 8:00 Cardio Pump 10:00 SilverSneakers Classic 5:00pm Jazzercise 6:15pm Functional Movement 7:00pm Night Riders	4 7:30 Power Yoga 9:00 Stretch Yoga SATURDAY, Sep 5 7:15 Jazzercise Strength 45 8:00 Jazzercise
7 CLOSED	8 5:30 Cardio Bootcamp 6:00 Sunrise Cycle 8:00 Cardio Pump 10:00 SilverSneakers Classic 5:00pm Jazzercise	9 9:00 SilverSneakers Yoga 9:00 Full body stretch 5:00pm Jazzercise 5:30pm This Ain't No Dance Cl 6:15pm Sculpt & tone 6:30pm Power Yoga	10 5:30 Cardio Bootcamp 6:00 Sunrise Cycle 8:00 Cardio Pump 10:00 SilverSneakers Classic 5:00pm Jazzercise 6:15pm Functional Movement 7:00pm Night Riders	11 7:30 Power Yoga 9:00 Full body stretch SATURDAY, Sep 12 7:15 Jazzercise Strength 45 8:00am Jazzercise
14 9:00 SilverSneakers Boom 9:00 Full body stretch 9:45 SilverSneakers Yoga 5:00pm Jazzercise 5:30pm This Ain't No Dance Cl 6:15pm Sculpt & tone 6:15pm Functional Movement 7:00pm Night Riders	15 5:30 Cardio Bootcamp 6:00 Sunrise Cycle 8:00 Cardio Pump 10:00 SilverSneakers Classic 5:00pm Jazzercise	16 9:00 SilverSneakers Yoga 9:00 Full body Stretch 5:00pm Jazzercise 5:30pm This Ain't No Dance Cl 6:15 pm Sculpt & tone 6:30 Power Yoga	17 5:30 Cardio Bootcamp 6:00 Sunrise Cycle 8:00 Cardio Pump 10:00 SilverSneakers Classic 5:00pm Jazzercise 6:15pm Functional Movement 7:00pm Night Riders	18 7:30 Power Yoga 9:00 Full body stretch SATURDAY, Sep 19 7:15 Jazzercise Strength 45 8:00 Jazzercise
21 9:00 SilverSneakers Boom 9:00 Full body stretch 9:45 SilverSneakers Yoga 5:00pm Jazzercise 5:30pm This Ain't No Dance Cl 6:15pm Sculpt & tone 6:15pm Functional Movement 7:00pm Night Riders	22 5:30 Cardio Bootcamp 6:00 Sunrise Cycle 8:00 Cardio pump 10:00 SilverSneakers Classic 5:00pm Jazzercise	23 9:00 SilverSneakers Yoga 9:00 Full body stretch 5:00pm Jazzercise 5:30pm This Ain't No Dance Cl 6:15pm Sculpt & tone 6:30 Power Yoga	24 5:30 Cardio Bootcamp 6:00 Sunrise Cycle 8:00 Cardio pump 10:00 SilverSneakers Classic 5:00 Jazzercise 6:15pm Functional Movement 7:00pm Night Riders	25 7:30 Power Yoga 9:00 Full body stretch SATURDAY, Sep 26 7:15 Jazzercise Strength 45 8:00 Jazzercise
28 9:00 SilverSneakers Boom 9:00 Full body stretch 9:45 SilverSneakers Yoga 5:00pm Jazzercise 5:30pm This Ain't No Dance Cl 6:15pm Sculpt & tone 6:15pm Functional Movement 7:00pm Night Riders	29 5:30 Cardio Bootcamp 6:00 Sunrise Cycle 8:00 Cardio Pump 10:00 SilverSneakers Classic 5:00pm Jazzercise	30 9:00 SilverSneakers Yoga 9:00 Full body Stretch 5:00pm Jazzercise 5:30pm This Ain't No Dance Cl 6:15pm Sculpt & tone 6:30pm Power Yoga	<p style="text-align: center;">September Fitness Classes</p>	