

**SEPTEMBER**

**GROUP  
EXERCISE**



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 9-Jamz- Serena 10:15-Kick Azz- Lisa 5:45-Yoga- Geri	2 9-ST/CT- Terry 10:15-Pilates/Barre- Valerie	3 8:30-CT/Abs- Geri
4 9:15-Tabata- Nell 10:30-Yoga- Erin	5 <b>9-20/20/20- Terry</b> <b>HAPPY LABOR DAY!</b>	6 9-Cardio/Strength/ Intervals- Valerie 4:30-PIYO- Stephanie 5:45-Turbo Kick-Kelly S	7 9-Mat Pilates- Jamie 10:15-Tabata- Nell 6:30-Kick Azz- Krista	8 9-Jamz- Serena 10:15-Kick Azz- Valerie 5:45-Yoga- Diane	9 9-ST/CT- Terry 10:15-Pilates/Barre- Valerie	10 8:30-Jamz Plus- Helen
11 9:15-Cardio/Strength/ Intervals- Dan 10:30-Yoga- Diane	12 9-BOSU/CT- Jennifer 10:15-BS/Abs- Terry 4:45-Tabata-Stephanie 5:45-Yoga- Geri 6:50-Jamz- Karen	13 9-Cardio/Strength/ Intervals- Lisa 4:30-PIYO- Stephanie 5:45-Kick BX/Strength- Krista	14 9-Mat Pilates- Jamie 10:15-Tabata- Valerie 6:30-Kick Azz- Krista	15 9-Jamz- Serena 10:15-Kick Azz- Dan 5:45-Yoga- Diane	16 9-20/20/20- Nell <b>10:15-No Cass Today</b>	17 8:30-Tabata-Jennifer
18 9:15-Jamz- Karen 10:30-Yoga- Diane	19 9-Pilates/Barre- Dee 10:15-BS/Abs- Dan 4:45-Tabata-Stephanie 5: 45-Yoga- Geri 6:50-Jamz- Karen	20 9-Cardio/Strength/ Intervals- Terry 4:30-PIYO- Stephanie 5:45-Turbo Kick-Kelly S	21 9-Mat Pilates- Jamie 10:15-Tabata- Nell 6:30-Kick Azz- Krista	22 9-Jamz- Serena 10:15-Kick Azz-Jennifer 5:45-Yoga- Diane	23 9-ST/CT- Terry 10:15-Pilates/Barre- Valerie	24 8:30-Cardio/Strength/ Intervals- Dan
25 9:15-Turbo Kick- Lisa 10:30-Yoga- Serena	26 9-BOSU/CT- Terry 10:15-Stretch/ Strengthen- Dee 4:45-Tabata-Stephanie 5:45-Yoga- Geri 6:50-Jamz- Karen	27 9-Cardio/Strength/ Intervals- Jennifer 4:30-PIYO- Stephanie 5:45-Turbo Kick-Kelly S	28 9-Mat Pilates- Jamie 10:15-Turbo Kick- Lisa 6:30-Kick Azz- Krista	29 9-Jamz- Serena 10:15-Kick Azz-Jennifer 5:45-Yoga- Diane	30 9-Tabata- Nell 10:15-Pilates/Barre- Valerie	