

SEPTEMBER

**GROUP
EXERCISE**



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 11:30-Chair Pilates– Suz 6:30-Jamz Plus– Helen	2 9:15-Lift & Tone– Nell 10:30-Sit & Fit– Marcella	3 10:15-Yoga– Erin
5 Happy Labor Day!	6 9:15-Lift & Tone–Marcella 10:30-Chair Pilates-Suz 6:30-Lift & Tone– Geri	7 10:30-Sit & Fit– JEN 5:30-CT/Abs– Kelly S 6:30-Easy Yoga– Erin	8 10:30-Line Dancing– Holly 11:30-Chair Pilates– Suz 6:30-Jamz Plus– Helen	9 9:15-Lift & Tone– Nell 10:30-Sit & Fit– Debbie	10 10:15-Yoga– Diane
12 10:30-Sit & Fit– Marcella	13 9:15-Lift & Tone– DAN 10:30-Chair Pilates-Suz 6:30-Lift & Tone– Karen	14 10:30-Sit & Fit– JEN 5:30-CT/Abs– Geri 6:30-Easy Yoga– Erin	15 10:30-Line Dancing– Holly 11:30-Chair Pilates– Suz 6:30-Jamz Plus– Helen	16 9:15-Lift & Tone– Dan 10:30-Sit & Fit– Debbie	17 10:15-Yoga– Geri
19 10:30-Sit & Fit–Marcella	20 9:15-Lift & Tone– JEN 10:30-Chair Pilates-Suz 6:30-Lift & Tone– Geri	21 10:30-Sit & Fit– JEN 5:30-CT/Abs– Kelly S 6:30-Easy Yoga–Erin	22 10:30-Line Dancing– Holly 11:30-Chair Pilates– Suz 6:30-Jamz Plus– Helen	23 9:15-Lift & Tone– Dan 10:30-Sit & Fit– Dan	24 10:15-Yoga– Erin
26 10:30-Sit & Fit–Marcella	27 9:15-Lift & Tone– Lisa 10:30-Chair Pilates-Suz 6:30-Lift & Tone– Karen	28 10:30-Sit & Fit– Debbie 5:30-CT/Abs– Geri 6:30-Easy Yoga– Diane	29 10:30-Line Dancing–Holly 11:30-Chair Pilates– Suz 6:30-Jamz Plus– Helen	30 9:15-Lift & Tone– Terry 10:30-Sit & Fit– Dan	