

# SEPTEMBER

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:30 am Gentle Yoga	5:45 am HIIT w/ Robin *30 Minutes	5:45 am HIIT w/ Robin *30 Minutes (Synrgy)	5:45 am HIIT w/ Robin *30 Minutes	5:45 am HIIT w/ Robin *30 Minutes (T-Zone)	5:45 am HIIT w/ Robin *30 Minutes	7:15am GO Fit Boot Camp w/ Greg (T-Zone)
10:30am Meditation	5:45am GO Fit Boot Camp w/ Greg (T-Zone)	5:45am GO Fit Boot Camp w/ Greg *30 min Court #3	5:45am GO Fit Boot Camp w/ Greg (T-Zone)	5:45am GO Fit BootCamp w/ Greg *30 min Court #3	5:45am GO Fit Boot Camp w/ Greg (T-Zone)	8:00 am Dynamic Duo w/ Peggy
	6:00 am Spinning w/ Ted *Participant Card Req'd	6:45 am Sunrise Yoga (Party Room)	6:00 am Spinning w/ Dave *Participant Card Req'd	6:45 am Sunrise Yoga (Party Room)	6:00 am Spinning w/ Jeff *Participant Card Req'd	9:15 am Simple Stretch w/ Peggy
	6:45 am Sunrise Yoga (Party room)	8:30 am Zumba GOLD w/ Cookie	6:45 am Sunrise Yoga (Party Room)	9:30 am Inferno Interval (T-Zone) w/ Dionne *30 minutes	6:45 am Sunrise Yoga (Party Room)	9:30am Cardio Core w/Deb (T-Zone) <b>NEW</b>
	9:30 am Battle Plan Boot Camp w/ Jon (T-Zone)	9:00am POUND w/Jan *participant card Req'd	8:30 am Zumba GOLD w/ Cookie	9:45 am Spinning w/ John *Participant Card Req'd	8:30 am Zumba GOLD w/ Cookie (Fitness Room)	9:45 am Spinning w/John *Participant Card Req'd
	9:45am Spinning w/ John *Participant Card Req'd	9:30 am Inferno Interval (T-Zone) w/ Dionne *30 minutes	8:45 am Power Circuit w/ Peggy	10:45 am Intermediate Yoga	9:30am <b>NEW</b> Super Set Sensation w/Peggy	10:30am Meditation
	10:45am Beginner's Yoga	9:30 am Cardio Strength w/ Jan	9:30 am Total Tabata w/ Peggy	5:30 pm Boot Camp w/ Dwayne (T-Zone)	9:30am Sharp Circuit w/ Jon (T-Zone)	
	10:30 am (NEW TIME) HIIT w/ Robin (T-Zone) *30 minutes	9:45 am Spinning w/ Jenny *Participant Card Req'd	9:30 am Battle Plan Boot Camp w/Jon (T-Zone)	5:30pm Yogalates w/ Ann	9:45 am Spinning w/Jenny *Participant Card Req'd	
	5:30 pm Kickboxing w/ Dwayne *45 minutes	10:45am Deep Stretch Flow Yoga	9:45am Spinning w/ John *Participant Card Req'd	6:15 pm Step Interval w/ Peggy	10:45am Beginner's Yoga	
	5:30 pm HIIT w/Robin (T-Zone) *30 minute class	5:30 pm Power Burn w/ Dwayne (T-Zone)	10:45am Beginner's Yoga	6:45 pm Wellness Yoga (Party Room)		
	6:15pm Cross Fitness w/ Jon (T-Zone)	6:15 pm Spinning w/ Dave *Participant Card Req'd	11:15am SHE Lifts w/ Dionne (T-Zone)			
	6:30 pm ZUMBA w/ Cookie (Fitness Room)	6:45 pm Sunset Yoga (Party Room)	5:30 pm Kickboxing w/ Dwayne *45 minutes			
	6:45pm Beginner Yoga (Party Room)		6:30 pm Spinning w/John *Participant Card Req'd			
			6:30 pm TRX Boot Camp w/ Jon (T-Zone)			
			6:30 pm ZUMBA w/ Cookie			
			6:45pm Relaxation Yoga (Party Room)			



HAPPY  
**Labor Day**  
**Announcements**  
Labor Day Holiday- Open 6am-2pm

**Class Schedule:**  
**5:45am GO Fit Bootcamp w/ Greg**  
**6:45am Sunrise Yoga w/ Gopi**  
**7:30am Spinning w/ John**  
**10:45am Beginner's Yoga w/ Gopi**

**\*No Silver Sneaker Classes**  
**\*Kid Park Closed**

# Aqua Fitness

<b>MONDAY</b>	9:00 am Aqua Challenge w/ Sharon *30 Minute Class*	9:30 am Water Works w/Sharon	10:30 am Aqua Lite w/Sharon	6 pm Hydro Fitness w/Lori
<b>TUESDAY</b>	8:30am Deep Water Workout w/Paula	11:00am Aqua Flex w/Nancy		
<b>WEDNESDAY</b>	9:00 am Aqua Challenge w/ Sharon *30 Minute Class*	9:30 am Water Works w/Sharon	10:30 am Aqua Lite w/Sharon	
<b>THURSDAY</b>	8:30am Deep Water Workout w/Paula	11:00am Aqua Flex w/Nancy	12:00pm Silver Splash w/ Ann	
<b>FRIDAY</b>	8:30 am Deep Water Challenge w/Paula	9:30am Gentle Water w/ Paula	11:00am Aqua Flex w/Nancy	
<b>SATURDAY</b>	8:30 am Hydro Fitness w/Lori	12:15pm Aqua Diva & Stretch w/Thia *45 Minute Class		



## Silver Sneakers Programs

<b>MONDAY</b>	9:45 am SS Circuit w/ Dionne	12:00 pm SS Classic w/ Dionne		
<b>TUESDAY</b>	10:15 am SS Classic w/ Dionne	11:45 am SS Chair Yoga w/ Dionne (Fit Room)		
<b>WEDNESDAY</b>	9:45 am SS Circuit w/ Dionne	12pm SS Chair Yoga w/ Dionne (Fit Room)	1:00 pm SS Classic w/Dionne	
<b>THURSDAY</b>	10:15 am SS Classic w/ Dionne	11:45 am SS Chair Yoga w/ Dionne (Fit Room)		
<b>FRIDAY</b>	9:00 am SS Circuit w/ Dionne	10:00 am SS Circuit w/ Marlene	11:45 am SS Chair Yoga w/ Dionne (Fit Room)	1:00 pm SS Classic w/Dionne



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