

SEPT

EMBER

GROUP EXERCISE

MON	TUE	WED	THU	FRI	SAT
AM- 9:30am Zumba -Penny *No class 9/7 10:30am Power Pump -Jamie *Time change to 9:30am on 9/7 only*	9:30am HIIT/Bootcamp -Kelly	9:30am Zumba -Penny	9:30am Power Pump -Jamie 10:30am Cardio Dance -Kelly	9:30am WERQ -Hanah *No class on 9/4	9:30am FITFORCE -Scott 10:30am Zumba Pop Ups! -Vickie *9/5 and 9/15 only
PM- 5:30pm 20/20/20 -Robin *No class 9/7	5:30pm Muscle Madness -Barb	5:30pm Step & Sculpt -Melody	5:30pm 20/20/20 -Barb		