



September Fitness and Aquatic Class Schedule

CLASS LOCATION	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
GX1		8:30am Bootcamp-Candy	8:30am Bootcamp-Candy	8:30am Bootcamp-Candy		
GX2	5:15am Total Strength-Rizza 9:30am Yoga-Roseanne 5:30pm REFIT-Christy/Kim	8:30am Zumba-Rizza 10:00am Circuit Training-Sherry 5:45pm Yoga-Roseanne	5:15am Total Strength-Whitney 9:30am Yoga-Roseanne 5:30pm REFIT-Christy/Kim	8:30am Zumba-Rizza 10:00am Circuit Training-Sherry 5:30pm Zumba-Rizza	5:15am Barre-Rizza 9:30am Yoga-Roseanne	8:30am REFIT Kim
GX2 VIRTUAL CLASSES	6:30-7:30am Strength 1:00-2:00pm Yoga 7:00-7:30pm HIIT	6:30-7:00am Dance 11:10am-12:10pm Chair Yoga 3:00-4:00pm Spin	6:30-7:30am Spin 1:00-2:00pm Yoga 4:00-4:30pm Cardio	6:30-7:00am Kickboxing 11:10-12:10pm Chair Yoga 7:00-7:30pm Core	6:30-7:00am Yoga 11:00-11:30am Dance 1:00-2:00pm Yoga 4:00-4:30pm Cardio	
GYM	10:00am SS Classic-Sherry		10:00am SS Classic-Sherry		10:00am SS Classic-Sherry	
GX3	8:30am Spin - Candy			4:30pm Spin-Jake		8:30am Spin-Jake
LAP POOL	9:15am Aqua Aerobics-Sarah 10:15am Aqua Arthritis-Sarah	9:15am Aqua Aerobics-Linda 10:15am Aqua Arthritis-Linda	9:15am Aqua Aerobics-Sarah 10:15am Aqua Arthritis-Sarah	9:15am Aqua Aerobics-Tonya 10:15am Aqua Arthritis-Tonya	9:15am Aqua Aerobics-Sarah 10:15am Aqua Arthritis-Sarah	
REC POOL		11:15am Gentle Core-Linda				