| Health & Fitness | | | September | |
|---|---|--|---|---|
| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
| 2 WE WILL BE CLOSED LABOR DAY | 3 8:30am DrumFit 9:30am Zumba Gold 10:30am Pilates 1:00pm Beginning Line Dancing 5:30pm Zumba | 4 9:00am Zumba Gold Toning 10:00am Active Aging Strength 11:15am Balance & Strength* 12:30pm Balance & Strength* 2:30pm Line Dancing 3:45pm Mindful Flow & Core | 5 8:30am Easy Pace 9:30am Zumba Gold 10:30am Pilates 11:45am Chair Yoga 1:00pm Balance & Strength* 4:00pm Restorative Yoga 5:30pm Zumba | 6 9:30am Posture Strength 11:00am Balance & Strength* 12:15pm Balance & Strength* |
| 9 8:30am Easy Pace 10:00am Line Dancing 11:00am Active Aging Strength 12:15pm Balance & Strength* 1:30pm Balance & Strength* 4:00pm Yoga | 10 8:30am DrumFit 9:30am Zumba Gold 10:30am Pilates 1:00pm Beginning Line Dancing 5:30pm Zumba | 11 9:00am Zumba Gold Toning 10:00am Active Aging Strength 11:15am Balance & Strength* 12:30pm Balance & Strength* 2:30pm Line Dancing 3:45pm Mindful Flow & Core | 12 8:30am Easy Pace 9:30am Zumba Gold 10:30am Pilates 11:45am Chair Yoga 1:00pm Balance & Strength* 4:00pm Restorative Yoga 5:30pm Zumba | 13 9:30am Posture Strength 11:00am Balance & Strength* 12:15pm Balance & Strength* |
| 16 8:30am Easy Pace 10:00am Line Dancing 11:00am Active Aging Strength 12:15pm Balance & Strength* 1:30pm Balance & Strength* 4:00pm Yoga | 17 8:30am DrumFit 9:30am Zumba Gold 10:30am Pilates 1:00pm Beginning Line Dancing 5:30pm Zumba | 18 9:00am Zumba Gold Toning 10:00am Active Aging Strength 11:15am Balance & Strength* 12:30pm Balance & Strength* 2:30pm Line Dancing 3:45pm Mindful Flow & Core | 19 8:30am Easy Pace 9:30am Zumba Gold 10:30am Pilates 11:45am Chair Yoga 1:00pm Balance & Strength* 4:00pm Restorative Yoga 5:30pm Zumba | 20 9:30am Posture Strength 11:00am Balance & Strength* 12:15pm Balance & Strength* |
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| 30 8:30am Easy Pace 10:00am Line Dancing 11:00am Active Aging Strength 12:15pm Balance & Strength* 1:30pm Balance & Strength* 4:00pm Yoga | | HELL Septer | 0 | |