



MONDAY, SEPTEMBER 2

CLUB HOURS: 7:00am – 1:00pm

FITKIDS HOURS: 9:00am – 12:00pm

Group Exercise Schedule

8:00 – 9:00 am	Gentle Yoga	Sarah
8:00 – 8:50 am	Arthritis	Marylee
9:00 – 10:00am	Aqua Aerobics	Lora
9:15 – 10:15am	Cycle	Victor
9:15 – 10:30am	Power Yoga	Sarah
9:35 – 10:30Am	Barre Class	Werner
10:00 – 11:00am	Arthritis	Kris
11:00 – 11:50am	Ai Chi	Kris
11:00am – 12:00pm	Yoga Basics	Liza

