


SEPTEMBER 2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 9:00 Power Camp (Holly) 10:30 On the Ball (Kat)	2 9:00 Yoga Strength (Taylor) 10:30 Fit for Life (Holly) 12:15 Pilates (Simon) 5:00 Kickboxing Boot Camp (Jess) 6:00 Zumba (Tia)	3 9:00 Zone Tone (Holly) 10:30 On the Ball (Kat)
6 COMMUNITY CENTER CLOSED FOR LABOR DAY	7 9:00 Pilates (Lauren) 10:30 Fit for Life (Tia) 11:00 Training (Taylor) 12:15 Pilates (Simon) 5:30 20/20/20 (Tia) 6:30 Butts & Guts (Jessica)	8 9:00 Power Camp (Holly) 10:30 On the Ball (Kat)	9 9:00 Yoga Strength (Taylor) 10:30 Fit for Life (Holly) 12:15 Pilates (Simon) 5:00 Kickboxing Boot Camp (Jess) 6:00 Zumba (Tia)	10 9:00 Zone Tone (Holly) 10:30 On the Ball (Kat)
13 6:30 Swim/Bike/Run** 9:00 Power Pump (Holly) 10:30 On the Ball (Kat) 5:30 Step/Strength Training (Lisa) 6:45 Beginning Yoga (Lisa)	14 9:00 Pilates (Lauren) 10:30 Fit for Life (Carol) 11:00 Training (Taylor) 12:15 Pilates (Simon) 5:30 20/20/20 (Tia) 6:30 Butts & Guts (Jessica)	15 6:30 Swim/Bike/Run** 9:00 Power Camp (Holly) 10:30 On the Ball (Kat)	16 6:30 Swim/Bike/Run** 9:00 Yoga Strength (Taylor) 10:30 Fit for Life (Carol) 12:15 Pilates (Simon) 5:00 Kickboxing Boot Camp (Jess) 6:00 Zumba (Tia)	17 9:00 Zone Tone (Holly) 10:30 On the Ball (Kat)
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