

SEPTEMBER FITNESS CLASS SCHEDULE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7:00—8:00 am	Pilates Mat Luna				T'ai Chi / Qigong Jeff		
7:30 —8:30 am				Heart Zone Cycle Kim	Cycling Kim		
8:20—9:20 am	Body Sculpting Barbara		Body Sculpting Barbara	Resist-A-Ball Barbara	Body Sculpting Enita		T'ai Chi / Qigong Jeff
9:00—10:00 am						Cycling Bruce	
9:35—10:35 am	ZUMBA Danny Cycling Lauren		Cardio Mix Pam Cycling Bruce	9:35—10:25 Step/ Sculpt Express (50 min. Class) Barbara	Cardio Mix Pam Cycling Lauren	ZUMBA Kate L.	Cardio Dance Sarah Cycling Enita
10:15—11:15 am						Cycling Bruce	
10:45—11:45 am	Tone & Stretch Danny		Tone & Core Barbara	Tone & Stretch Kate O.	Tone & Stretch Pam		10:30 –11:30 Aqua Power Lauren
11:00 —12:00 pm						Mat Class Kristine	Yoga Tracey
12:00—1:00 pm	Aqua Power Barbara		Aqua Power Barbara	Aqua Power Barbara	Aqua Power Luna		
12:15—1:00 pm			Express Cycle @ Lunch Dora			12:15—1:15 Yoga Susan	
12:30—1:30 pm	Mixed Levels Yoga Tracey		Mixed Levels Yoga Susan	Gentle Yoga Luna	Mixed Levels Yoga Luna J.		
1:45—2:35pm (50 min.)	Body Sculpting Kristine			Body Sculpting Kristine			
4:45—5:45 pm		Mixed Levels Yoga Luna	Pilates-based Mat Luna	Pilates Lindsay			
5:00—6:00 pm	Cycling Jeff		Cycling Kim				
6:00—7:00 pm	Cardio Sculpt Barbara	Pilates Mat Kristine Cycling Jan	ZUMBA Kate L.	Boot Camp Joseph Cycling Bruce			
6:15—7:15 pm	Cycling Jeff		Cycling Kim				

Visual Ride
Cycle with Lauren
Monday,
September 13th,
@ 9:35 am
and see her
Canadian Rockies
& Glacier, Montana
hiking trip. Shot
from thousands of
feet up!!!

CLUB
CLOSED
UNTIL 2 P M

**Fitness Tip
on a Resist-A-Ball**

Sit on a stability ball, even for a short period, and focus on sitting up tall. This will engage your abdomen, back and legs.

SEPTEMBER EQUIPMENT ORIENTATIONS



September 12th, Sunday @ 11:30 am with Enita
September 24th, Friday @ 9:00 am with Pam

September 16th, Thursday @ 7:00 pm with Joseph
September 26th, Sunday @ 10:00 am with Elsa