

LABOR DAY

CLASS SCHEDULE – MONDAY, SEPT. 2

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|--------------------------|-------------------------|-----------|-------------|
| 7:45 to 9 a.m. | SwimFit Fired Up | Charlie | Sports Pool |
| 8:30 to 9:15 a.m. | TRX | Steven | Strong |
| 8:30 to 9:15 a.m. | Low Impact Cardio Blast | Martica | Move |
| 8:45 to 9:30 a.m. | Pure Cycle | DK | Surge |
| 9:30 to 10:15 a.m. | Yoga/Pilates Fusion | Stephanie | Strong |
| 9:30 to 10:30 a.m. | Healthy Backs Yoga | Larry | Breathe |
| 9:30 to 10:30 a.m. | Cutting EDGE | Colleen | Move |
| 9:45 to 10:30 a.m. | VideoRide | Martica | Surge |
| 10:30 to 11:15 a.m. | Contemporary Pilates | Leah | Strong |
| 10:45 to 11:45 a.m. | Zumba | Shellah | Move |
| 10:45 to 11:45 a.m. | Yoga Power | Charlotte | Breathe |
| 11:30 a.m. to 12:15 p.m. | Barre off the Barre | YJ | Strong |
| Noon to 1 p.m. | Yoga Stretch | Anna | Breathe |
| 12:30 to 1:10 p.m. | Arms & Abs | YJ | Move |

