



September 2011

Complimentary Aerobic Classes

Sun.	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.
				1 9:30-10:30am Body Sculpting with Margaret 6:30-7:30pm Yoga with Martha	2 9:00-10:00am Body Contouring with Kevin 6:00p-7:00pm Kickboxing with Jimmy	3 9:30-10:30am Yoga with Jeanette 10:30-11:30am Senior Yoga with Jeanette
4 8:00-9:00am Yoga with Martha 9:00-10:00am Yoga with Martha	5 9:00-10:00am Body Contouring with Kevin 10:30-11:30am Kickboxing with Jimmy	6 9:30-10:30am Mat Pilates with Margaret 7:00-800pm Zumba with Patricia	7 9:00-10:00am Yoga with Jeanette 6:30-7:30pm Kickboxing with Jimmy	8 9:30-10:30am Body Sculpting with Margaret 7:00-800pm Zumba with Patricia	9 9:00-10:00am Body Contouring with Kevin 6:00-7:00pm Yoga with Martha	10 9:00-10:00am Zumba with Patricia 10:00-11:00am Zumba with Patricia
11 8:00-9:00am Yoga with Martha 9:00-10:00am Yoga with Martha	12 9:00-10:00am Body Contouring with Kevin 6:30-7:30pm Kickboxing with Jimmy	13 9:30-10:30am Mat Pilates with Margaret 7:00-800pm Zumba with Patricia	14 9:00-10:00am Yoga with Jeanette 6:30-7:30pm Kickboxing with Jimmy	15 9:30-10:30am Body Sculpting with Margaret 6:30-7:30pm Yoga with Martha	16 9:00-10:00am Body Contouring with Kevin 6:00p-7:00pm Kickboxing with Jimmy	17 10:00-11:00am Kickboxing with Jimmy 11:00-12:00am Kickboxing with Jimmy
18 8:00-9:00am Yoga with Martha 9:00-10:00am Yoga with Martha	19 9:00-10:00am Body Contouring with Kevin 6:30-7:30pm Kickboxing with Jimmy	20 9:30-10:30am Mat Pilates with Margaret 7:00-800pm Zumba with Patricia	21 9:00-10:00am Yoga with Jeanette 6:30-7:30pm Kickboxing with Jimmy	22 9:30-10:30am Body Sculpting with Margaret 7:00-800pm Zumba with Patricia	23 9:00-10:00am Body Contouring with Kevin 6:00-7:00pm Yoga with Martha	24 9:30-10:30am Yoga with Jeanette 10:30-11:30am Senior Yoga with Jeanette
25 8:00-9:00am Yoga with Martha 9:00-10:00am Yoga with Martha	26 9:00-10:00am Body Contouring with Kevin 6:30-7:30pm Kickboxing with Jimmy	27 9:30-10:30am Mat Pilates with Margaret 7:00-800pm Zumba with Patricia	28 9:00-10:00am Yoga with Jeanette 6:30-7:30pm Kickboxing with Jimmy	29 9:30-10:30am Body Sculpting with Margaret 6:30-7:30pm Yoga with Martha	30 9:00-10:00am Body Contouring with Kevin 6:00p-7:00pm Kickboxing with Jimmy	

Classes are subject to change