September 2019

ver Sneaker/Cardio mba 16 ver Sneakers/Cardio	9:00a Silver Sneakers/Circuit 6:00p Spin 7:00p Zumba 17 8:00a Silver Sneakers/Circuit	 8:00a Silver Sneakers/Cardio 9:00a Silver Sneakers/Cardio 5:30p Step 6:30p HITT/Core 18 8:00a Silver Sneakers/Cardio 9:00a Silver Sneakers/Cardio 5:30p Zumba 	6:00p P90X 9:00a Silver Sneakers/Circuit 6:00p Spin 9:00a Silver Sneakers/Circuit	Gold Gold 13 9:00a Silver Sneakers Cardio/Line 20 9:00a SilverSneakers Zumba Gold	10:30a Weights&Cardio 9:00a Zumba 10:30a Silver Sneakers Circuit 11:15a Yoga
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