

# SEPTEMBER 2019 EXERCISE CALENDAR

4

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2</p> <p><b>CENTER CLOSED FOR LABOR DAY</b></p>	<p>3</p> <p>8:00 Seniors Circuit (N)            9:00 GENTLE YOGA (E)            9:15 LOW AND SLOW (O)            10:15 CHAIR YOGA (E)            11:00 FOLK DANCE            12:30 FIT AND FABULOUS            1:30 ZUMBA GOLD CHAIR            2:30 30 MIN. ZUMBA GOLD            4:30 STRONG by Zumba</p>	<p>4</p> <p>8:00 Yoga            8:15 B FIT            9:10 PEPS            10:00 MODIFIED YOGA (N)            10:30 TAI CHI FORM            11:00 Beginning Tai Chi            1:00 ZUMBA GOLD (T)            2:15 HOOP DANCE FITNESS            5:30 ZUMBA</p>	<p>5</p> <p>8:00 Seniors Circuit            9:00 <b>NO GENTLE YOGA</b>            9:15 LOW AND SLOW (N)            10:15 <b>NO Chair Yoga</b>            10:15 ZUMBA GOLD CHAIR            11:15 0 MIN. ZUMBA GOLD            12:30 FIT AND FABULOUS            2:00 <b>DANCE –THE BALLROOM WORKOUT (N)</b>            4:30 STRONG by Zumba</p>	<p>6</p> <p>8:15 B FIT            9:10 PEPS            10:15 ZUMBA GOLD FRIDAY AM            11:30 30 MIN. ZUMBA GOLD            12:15 FIT &amp; FABULOUS            1:00 ZUMBA GOLD            2:15 HOOP DANCE FITNESS (E)</p>
<p>9</p> <p>8:00 Yoga (E)            8:15 B FIT            9:10 PEPS            10:00 MODIFIED YOGA            10:30 TAI CHI FORM            11:00 Beginning Tai Chi            1:00 ZUMBA GOLD            2:30-3:30 Line Dance II (E)            3:30-4:30 Line Dance I (E)            5:30 ZUMBA TONING</p>	<p>10</p> <p>8:00 Seniors Circuit            9:00 <b>NO GENTLE YOGA</b>            9:15 LOW AND SLOW            10:15 <b>NO CHAIR YOGA</b>            11:00 FOLK DANCE            12:30 FIT AND FABULOUS            1:30 ZUMBA GOLD CHAIR (E)            2:30 30 MIN. ZUMBA GOLD            4:30 STRONG by Zumba</p>	<p>11</p> <p>8:00 <b>NO Yoga</b>            8:15 B FIT            9:10 PEPS            10:00 MODIFIED YOGA            10:30 TAI CHI FORM            11:00 Beginning Tai Chi            1:00 ZUMBA GOLD (T)            2:15 HOOP DANCE FITNESS (O)            5:30 ZUMBA</p>	<p>12</p> <p>8:00 <b>NO Seniors Circuit</b>            9:00 <b>NO GENTLE YOGA</b>            9:15 LOW AND SLOW            10:15 <b>NO Chair Yoga</b>            10:15 ZUMBA GOLD CHAIR (O)            11:15 30 MIN. ZUMBA GOLD            12:30 FIT AND FABULOUS            2:00 DANCE-THE BALLROOM WORKOUT            4:30 STRONG by Zumba</p>	<p>13</p> <p>8:15 B FIT            9:10 PEPS            10:15 <b>NO ZUMBA GOLD FRIDAY AM</b>            11:30 <b>NO 30 MIN. ZUMBA GOLD</b>            12:15 <b>NO FIT AND FABULOUS</b>            1:00 <b>NO ZUMBA GOLD</b>            1-3 ZUMBATHON            2:15 HOOP DANCE FITNESS (N)</p>
<p>16</p> <p>8:00 Yoga            8:15 B FIT            9:10 PEPS            10:00 MODIFIED YOGA            10:30 TAI CHI FORM            11:00 Beginning Tai Chi            2:30-3:30 <b>NO Line Dance II</b>            3:30-4:30 <b>NO Line Dance I</b>            5:30 ZUMBA TONING (O)</p>	<p>17</p> <p>8:00 Seniors Circuit            9:00 <b>NO GENTLE YOGA</b>            9:15 LOW AND SLOW            10:15 <b>NO CHAIR YOGA</b>            11:00 FOLK DANCE            12:30 FIT AND FABULOUS            1:30 ZUMBA GOLD CHAIR (N)            2:30 30 MIN. ZUMBA GOLD            4:30 STRONG by Zumba</p>	<p>18</p> <p>8:00 Yoga (N)            8:15 B FIT            9:10 PEPS            10:00 MODIFIED YOGA            10:30 TAI CHI FORM            11:00 Beginning Tai Chi            1:00 ZUMBA GOLD (T)            2:15 HOOP DANCE FITNESS            5:30 ZUMBA (E)</p>	<p>19</p> <p>8:00 Seniors Circuit            9:00 <b>NO GENTLE YOGA</b>            9:15 LOW AND SLOW            10:15 <b>NO Chair Yoga</b>            10:15 ZUMBA GOLD CHAIR            11:15 30 MIN. ZUMBA GOLD            12:30 FIT AND FABULOUS            2:00 DANCE –THE BALLROOM WORKOUT            4:30 STRONG by Zumba (E)</p>	<p>20</p> <p>8:15 B FIT            9:10 PEPS            10:15 ZUMBA GOLD FRIDAY AM            11:30 30 MIN. ZUMBA GOLD            12:15 FIT &amp; FABULOUS            1:00 ZUMBA GOLD            2:15 HOOP DANCE FITNESS</p>
<p>23</p> <p>8:00 Yoga            8:15 B FIT            9:10 PEPS            10:00 MODIFIED YOGA            10:30 TAI CHI FORM            11:00 Beginning Tai Chi            1:00 ZUMBA GOLD (E)            2:30-3:30 <b>NO Line Dance II</b>            3:30-4:30 <b>NO Line Dance I</b>            5:30 ZUMBA TONING (O)</p>	<p>24</p> <p>8:00 Seniors Circuit            9:00 <b>NO GENTLE YOGA</b>            9:15 LOW AND SLOW            10:15 <b>NO CHAIR YOGA</b>            11:00 FOLK DANCE            12:30 FIT AND FABULOUS (E)            1:30 ZUMBA GOLD CHAIR            2:30 30 MIN. ZUMBA GOLD (E)            5:30 STRONG by Zumba (N)</p>	<p>25</p> <p>8:00 Yoga            8:15 B FIT            9:10 PEPS            10:00 MODIFIED YOGA            10:30 TAI CHI FORM            11:00 Beginning Tai Chi            1:00 ZUMBA GOLD (T) (O)            2:15 HOOP DANCE FITNESS            5:30 ZUMBA (N)</p>	<p>26</p> <p>8:00 Seniors Circuit            9:00 GENTLE YOGA (O)            9:15 LOW AND SLOW            10:15 Chair Yoga (O)            10:15 ZUMBA GOLD CHAIR            11:15 30 MIN. ZUMBA GOLD (O)            12:30 FIT AND FABULOUS (O)            2:00 DANCE-THE BALLROOM WORKOUT            4:30 STRONG by Zumba</p>	<p>27</p> <p>8:15 B FIT            9:10 PEPS            10:15 ZUMBA GOLD FRIDAY AM            11:30 30 MIN. ZUMBA GOLD (N)            12:15 FIT AND FABULOUS (N)            1:00 ZUMBA GOLD (N)            2:15 HOOP DANCE FITNESS</p>
<p>30</p> <p>8:00 Yoga            8:15 B FIT            9:10 PEPS            10:00 MODIFIED YOGA            10:30 TAI CHI FORM            11:00 Beginning Tai Chi            1:00 ZUMBA GOLD            2:30-3:30 <b>NO Line Dance II</b>            3:30-4:30 <b>NO Line Dance I</b>            5:30 ZUMBA TONING</p>	<p><b>ZUMBATHON TO BENEFIT THE 2019 BUILD THE ARC CAMPAIGN</b>            With Lucy Croft, RN - LMC Fitness LLC - Licensed Zumba Fitness Instructor</p> <p>We encourage you to join us for the Zumbathon taking place in the Rec Room during our September Showcase for the 2019 Build the ARC Campaign. Members and non-members are welcome!            Participate for a donation of your choice which can be given at the door.</p> <p>Donations will support the redesign and development of green space at ARC to be used for outdoor activities.</p>			<p><b>SATURDAY</b>  <b>CORE 'N MORE</b>  <b>8:15-9:00 AM</b>  <b>NEW SESSION:</b>  <b>September 14th-</b>  <b>November 9th</b>  <b>No Class: October 5th,</b>  <b>12th, 19th</b></p>