

SEPTEMBER 2018 EXERCISE CALENDAR

4

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|---|--|---|---|
| 3 ZUMBA FOR A CAUSE MORNING YOGA | 4 9:00 GENTLE YOGA 9:15 LOW AND SLOW (O) 10:15 CHAIR YOGA 11:00 FOLK DANCE 12:30 FIT AND FABULOUS 1:30 ZUMBA GOLD CHAIR (E) 2:30 30 MIN. ZUMBA GOLD 5:30 Body B-Last | 5 8:15 B FIT 8:30 Yoga 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 | 6 9:00 GENTLE YOGA 9:15 LOW AND SLOW (N) 10:15 CHAIR YOGA 10:15 ZUMBA GOLD CHAIR (O) 11:15 30 MIN. ZUMBA GOLD 12:30 FIT AND FABULOUS 2:00 NO DANCE –THE BALLROOM WORKOUT 4:30 STRONG by Zumba 5:30 Body-B-Last | 7 8:15 B FIT 9:10 PEPS 10:15 ZUMBA GOLD FRIDAY AM (O) 11:30 30 MIN. ZUMBA GOLD 12:15 FIT & FABULOUS 1:00 ZUMBA GOLD 2:15 HOOP DANCE FITNESS |
| 10 8:15 B FIT 8:30 Yoga 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 (N) 3:30-4:30 Line Dance I (N) 5:30 ZUMBA TONING | 11 9:00 NO GENTLE YOGA 9:15 LOW AND SLOW 10:15 NO CHAIR YOGA 11:00 FOLK DANCE 12:30 FIT AND FABULOUS 1:30 ZUMBA GOLD CHAIR (N) 2:30 30 MIN. ZUMBA GOLD 5:30 Body B-Last | 12 8:15 B FIT 8:30 Yoga 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 | 13 9:00 NO GENTLE YOGA 9:15 LOW AND SLOW 10:15 NO Chair Yoga 10:15 ZUMBA GOLD CHAIR 11:15 30 MIN. ZUMBA GOLD 12:30 FIT AND FABULOUS 2:00 DANCE –THE BALLROOM WORKOUT (N) 4:30 STRONG by Zumba (E) 5:30 Body B-Last | 14 8:15 B FIT 9:10 PEPS 10:15 ZUMBA GOLD FRIDAY AM (N) 11:30 30 MIN. ZUMBA GOLD 12:15 FIT AND FABULOUS 1:00 ZUMBA GOLD 2:15 HOOP DANCE FITNESS (E) |
| 17 8:15 B FIT 8:30 Yoga 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 3:30-4:30 Line Dance I 5:30 ZUMBA TONING (E) | 18 9:00 GENTLE YOGA 9:15 LOW AND SLOW 10:15 CHAIR YOGA 11:00 FOLK DANCE 12:30 FIT AND FABULOUS 1:30 ZUMBA GOLD CHAIR 2:30 30 MIN. ZUMBA GOLD 5:30 Body B-Last | 19 8:15 B FIT 8:30 Yoga 9:10 PEPS 10:00 MODIFIED YOGA (E) 10:30 TAI CHI FORM 11:00 Beginning Tai Chi 1:00 ZUMBA GOLD(T) 2:15 HOOP DANCE FITNESS (O) 5:30 ZUMBA (O) | 20 9:00 GENTLE YOGA (E) 9:15 LOW AND SLOW 10:15 Chair Yoga (E) 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 (N) 5:30 Body B-Last | 21 8:15 B FIT 9:10 PEPS 10:15 ZUMBA GOLD FRIDAY AM 11:30 30 MIN. ZUMBA GOLD (E) 12:15 FIT AND FABULOUS (E) 1:00 ZUMBA GOLD 2:15 HOOP DANCE FITNESS (N) |
| 24 8:15 B FIT 8:30 Yoga 9:10 PEPS 10:00 MODIFIED YOGA (O) 10:30 TAI CHI FORM 11:00 Beginning Tai Chi 1:00 ZUMBA GOLD 2:30-3:30 Line Dance II 3:30-4:30 Line Dance I 5:30 ZUMBA TONING (N) | 25 9:00 GENTLE YOGA (O) 9:15 LOW AND SLOW 10:15 CHAIR YOGA (O) 11:00 FOLK DANCE 12:30 FIT AND FABULOUS (O) 1:30 ZUMBA GOLD CHAIR 2:30 30 MIN. ZUMBA GOLD (O) 5:30 Body B-Last (E) | 26 8:15 B FIT 8:30 Yoga 9:10 PEPS 10:00 MODIFIED YOGA (N) 10:30 TAI CHI FORM 11:00 Beginning Tai Chi 1:00 ZUMBA GOLD (T) (E) 2:15 HOOP DANCE FITNESS 5:30 ZUMBA | 27 9:00 NO GENTLE YOGA 9:15 LOW AND SLOW 10:15 NO Chair Yoga 10:15 ZUMBA GOLD CHAIR 11:15 30 MIN. ZUMBA GOLD (N) 12:30 FIT AND FABULOUS (N) 2:00 DANCE-THE BALLROOM WORKOUT 4:30 STRONG by Zumba 5:30 Body B-Last (N) | 28 8:15 B FIT 9:10 PEPS 10:15 ZUMBA GOLD FRIDAY AM 11:30 30 MIN. ZUMBA GOLD 12:15 FIT AND FABULOUS 1:00 ZUMBA GOLD (O) 2:15 HOOP DANCE FITNESS |

Dance-The Ballroom Workout is back after a summer break! Ed Houchens, dance instructor, will add two new dances to the rotation this session, the Foxtrot and Polka! Join this fun class!

SATURDAY CLASSES
CORE 'N MORE
8:15-9:00 AM
 NEW SESSION:
 September 8th-October 27th
 No class: Sept. 1, Oct. 13 & 20

(NEW) WERQ
9:30-10:30 AM
 NEW SESSION: Dates changed
 August 4th-September 22nd
 Open: July 28th
 None: Aug.18th & Sept. 8th

KEY:
(N) New session starts
(O) Open class, come try it out
(E) Session ends

New Saturday Class
Yoga for Balance
 New Session:
 September 29-Nov. 3
 Open: September 22
 For more info see page 14