


Sun	Mon	Tue	Wed	Thu	Fri	Sat
<h1>SEPTEMBER</h1>			1 5:35 am Cardio Crazy -Mary 8 am Dancercise Noon Cardio Spin-Judy	2 5:35 am Cycling-Mary Noon Strength-Judy	3 5:35 am Cardio Crazy -Mary 8 am Dancercise Noon Track Circuit-Carol	4 9 am Raise the Bar-Sue
			5 2pm ZUMBA -Eryka	6 No classes. LABOR DAY Facility Hours 8 am to 6 pm	7 5:35 am Tone Up-Lynn 5:35 am Cycling-Mary 10 am Senior Gang Noon Strength-Judy 6 pm ZUMBA- Eryka	8 5:35 am Cardio Crazy -Mary 8 am Dancercise Noon Cardio Spin-Judy
12 2pm ZUMBA -Eryka	13 5:35 am Cycling-Lynn 6 am WOW-Doris 8 am Dancercise Noon Track Circuit-Carol 4:30 pm WOW-Sue 6 pm Yoga-Doris 7:15 pm Step it Up-Diane	14 5:35 am Tone Up-Lynn 5:35 am Cycling-Mary 10 am Senior Gang Noon Strength-Judy 6 pm ZUMBA- Eryka 7:15 pm WOW-Diane	15 5:10 am Cardio Crazy-Mary 6 am WOW-Lynn 8 am Dancercise Noon Cardio Spin-Judy 5 pm WOW-Mary	16 5:35 am Cycling-Mary Noon Strength-Judy 7:15 pm WOW-Diane	17 5:35 am Cardio Crazy -Mary 8 am Dancercise Noon Track Circuit-Carol	18 No Class today
19 2pm ZUMBA -Eryka	20 5:35 am Cycling-Lynn 6 am WOW-Doris 8 am Dancercise Noon Track Circuit-Carol 4:30 pm WOW-Sue 6 pm Yoga-Doris 7:15 pm Step it Up-Diane	21 5:35 am Tone Up-Lynn 5:35 am Cycling-Mary 10 am Senior Gang Noon Strength-Judy 6 pm ZUMBA- Eryka 7:15 pm WOW-Sue	22 5:10 am Cardio Crazy-Mary 6 am WOW-Lynn 8 am Dancercise Noon Cardio Spin-Judy 5 pm WOW-Mary	23 5:35 am Cycling-Mary Noon Strength-Judy 7:15 pm WOW-Diane	24 5:35 am Cardio Crazy -Mary 8 am Dancercise Noon Track Circuit-Carol	25 9 am Raise the Bar-Sue
26 2pm ZUMBA -Eryka	27 5:35 am Cycling-Lynn 6 am WOW-Doris 8 am Dancercise Noon Track Circuit-Carol 4:30 pm WOW-Sue 6 pm Yoga-Doris 7:15 pm Step it Up-Diane	28 5:35 am Tone Up-Lynn 5:35 am Cycling-Mary 10 am Senior Gang Noon Strength-Judy 6 pm ZUMBA- Eryka 7:15 pm WOW-Diane	29 5:10 am Cardio Crazy-Mary 6 am WOW-Lynn 8 am Dancercise Noon Cardio Spin-Judy 5 pm WOW-Mary	30 5:35 am Cycling-Mary Noon Strength-Judy 7:15 pm WOW-Diane	 <p>SCARY SCAMPER 2 IS COMING OCT. 23RD. . .</p> <p>DON'T BE AFRAID!</p>	