

strength & toning

MONTHLY CLASS SCHEDULE



SEPTEMBER



CHOICE
HEALTH & FITNESS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1 LABOR DAY NO CLASSES	2 Senior Fun & Fit Kelley 8:45-9:30 am (G2) Senior Circuit Kelley 9:45-10:30 am (G2) BODYPUMP Tammy 12:00-12:45 pm (G2) BODYPUMP Alyssa 4:45-5:45 pm (G2)	3 BODYPUMP Claire 5:30-6:30 am (G2) BODYPUMP Amber 9:00-10:00 am (G2) SS Classic Margaret 11:00-11:45 am (Y1) BODYPUMP Sandy 5:15-6:00 pm (G2)	4 Senior Fun & Fit Brynn 8:45-9:30 am (G2) Senior Circuit Brynn 9:45-10:30 am (G2) BODYPUMP Alyssa 12:00-12:45 pm (G2) BODYPUMP Yvonne 4:45-5:45 pm (G2) BODYPUMP Humberto 7:00-8:00 pm (G2)	5 BODYPUMP Naomi 5:30-6:30 am (G2) BODYPUMP Yvonne 10:15-11:00 am (G2)	6 BODYPUMP Humberto 10:00-11:00 am (G2)	7 BODYPUMP Sandy 10:45-11:45 am (G2)
8 BODYPUMP Sandy 5:30-6:30 am (G2) BODYPUMP Amber 9:00-10:00 am (G2) BODYPUMP Humberto 7:00-8:00 pm (G2)	9 Senior Fun & Fit Kelley 8:45-9:30 am (G2) Senior Circuit Kelley 9:45-10:30 am (G2) BODYPUMP Tammy 12:00-12:45 pm (G2) BODYPUMP Alyssa 4:45-5:45 pm (G2)	10 BODYPUMP Yvonne 5:30-6:30 am (G2) BODYPUMP Naomi 9:00-10:00 am (G2) SS Classic Margaret 11:00-11:45 am (Y1) BODYPUMP Sandy 5:15-6:00 pm (G2)	11 Senior Fun & Fit Brynn 8:45-9:30 am (G2) Senior Circuit Brynn 9:45-10:30 am (G2) BODYPUMP Alyssa 12:00-12:45 pm (G2) BODYPUMP Yvonne 4:45-5:45 pm (G2) BODYPUMP Katya 7:00-8:00 pm (G2)	12 BODYPUMP Naomi 5:30-6:30 am (G2) BODYPUMP Katya 10:15-11:00 am (G2)	13 BODYPUMP Humberto 10:00-11:00 am (G2)	14 BODYPUMP Katya 10:45-11:45 am (G2)
15 BODYPUMP Sandy 5:30-6:30 am (G2) BODYPUMP Naomi 9:00-10:00 am (G2) BODYPUMP Humberto 7:00-8:00 pm (G2)	16 Senior Fun & Fit Kelley 8:45-9:30 am (G2) Senior Circuit Kelley 9:45-10:30 am (G2) BODYPUMP Claire 12:00-12:45 pm (G2) BODYPUMP Alyssa 4:45-5:45 pm (G2)	17 BODYPUMP Yvonne 5:30-6:30 am (G2) BODYPUMP Amber 9:00-10:00 am (G2) SS Classic Margaret 11:00-11:45 am (Y1) BODYPUMP Sandy 5:15-6:00 pm (G2)	18 Senior Fun & Fit Brynn 8:45-9:30 am (G2) Senior Circuit Brynn 9:45-10:30 am (G2) BODYPUMP Alyssa 12:00-12:45 pm (G2) BODYPUMP Yvonne 4:45-5:45 pm (G2) BODYPUMP Katya 7:00-8:00 pm (G2)	19 BODYPUMP Naomi 5:30-6:30 am (G2) BODYPUMP Katya 10:15-11:00 am (G2)	20 BODYPUMP Alyssa 10:00-11:00 am (G2)	21 BODYPUMP Katya 10:45-11:45 am (G2)
22 BODYPUMP Sandy 5:30-6:30 am (G2) BODYPUMP Naomi 9:00-10:00 am (G2) BODYPUMP Humberto 7:00-8:00 pm (G2)	23 Senior Fun & Fit Kelley 8:45-9:30 am (G2) Senior Circuit Kelley 9:45-10:30 am (G2) BODYPUMP Yvonne 12:00-12:45 pm (G2) BODYPUMP Alyssa 4:45-5:45 pm (G2)	24 BODYPUMP Claire 5:30-6:30 am (G2) BODYPUMP Amber 9:00-10:00 am (G2) SS Classic Margaret 11:00-11:45 am (Y1) BODYPUMP Sandy 5:15-6:00 pm (G2)	25 Senior Fun & Fit Brynn 8:45-9:30 am (G2) Senior Circuit Brynn 9:45-10:30 am (G2) BODYPUMP Alyssa 12:00-12:45 pm (G2) BODYPUMP TBD 4:45-5:45 pm (G2) BODYPUMP Katya 7:00-8:00 pm (G2)	26 BODYPUMP Naomi 5:30-6:30 am (G2) BODYPUMP Claire 10:15-11:15 am (G2)	27 BODYPUMP Humberto 10:00-11:00 am (G2)	28 BODYPUMP Sandy 10:45-11:45 am (G2)
29 BODYPUMP Sandy 5:30-6:30 am (G2) BODYPUMP Naomi 9:00-10:00 am (G2) BODYPUMP Katya 7:00-8:00 pm (G2)	30 Senior Fun & Fit Kelley 8:45-9:30 am (G2) Senior Circuit Kelley 9:45-10:30 am (G2) BODYPUMP Claire BODYPUMP Alyssa 4:45-5:45 pm (G2)					

PLEASE NOTE: Instructor schedules are posted at the beginning of the month and are subject to change.