

strength & toning

MONTHLY CLASS SCHEDULE



SEPTEMBER



CHOICE
HEALTH & FITNESS

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

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