SEPTEMBER

strength & toning MONTHLY CLASS SCHEDULE

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 |Yvonne** 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 | Alyssa** 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** 10:30-11:30am (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** 9:45-10:3 **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 |CANCELED** 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 | CANCELED** 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.*