

## SCHEDULE August 31-September 27

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>NO CLASSES LABOR DAY (9/7)</b>						
PRE-RECORDED 7:00 am (for 24 hours) Zumba Nikki	7:15 am Tabata Bootcamp Katrina (Parking Lot)		7:15 am Tabata Bootcamp Katrina (Studio A & FB Live)	PRE-RECORDED 7:00 am (for 24 hours) Zumba Ericka	PRE-RECORDED 7:00 am (for 24 hours) Zumba Susan	
8:00 am Strength & Cardio Jane (Studio A & Facebook Live)		8:00 am Zumba Susan (Parking Lot)		8:00 am Core Fusion Jane (Studio A & Facebook Live)		<b>Starting Sept. 12:</b> 8:00 am Cycle Leslie (Gym)
9:15 am Cycle Katrina (Gym)		9:15 am Pilates Annette (Studio A & Facebook Live)	9:15 am Strength Laura (Gym)	9:15 am Step & Strength - 60 min. Jane (Gym)	8:15 AM Strength Cori via Facebook Live	9:15 am BollyX Bhavika via Zoom
	10:30 am Strength Train Together Erin (Gym)					10:15 am Gentle Yoga Cheryl (Grass)
10:30 am Chair Yoga Laurie via Facebook Live	10:30 am Senior Fitness Annette (Studio A & Zoom)	10:30 am Yoga Shred Erin (Grass)	10:30 am Senior Fitness Annette (Studio A & Zoom)	10:30 am Vinyasa Flow Erin (Studio A & Facebook Live)	10:15 am Pilates Jane (Studio A & Facebook Live)	
Beginning Sept. 14: In-Person 10:30 am Chair Yoga						
			11:45 am Tai Chi Jon (Studio A & Zoom)			
5:00 pm Power Yoga Cheryl (Grass)	5:30 pm Zumba Ericka (Gym)	5:00 pm Bootcamp Stephen (Parking Lot)	5:30 pm Cycle Leslie (Gym)			
6:15 pm Strength Train Together Leslie (Gym)		6:15 pm Active Together Jane (Gym)	6:30 PM Zumba Nikki (Studio A & Facebook Live)			

  Online Class  
  Outdoor Class

Disclaimer: As with all exercise programs, you need to use caution and listen to your body. By performing any fitness exercises, you are performing them at your own risk. We encourage you to exercise at your own pace and stop if you are feeling pain or feel dizzy.

\*In case of inclement weather, outdoor classes will meet in the gymnasium