

SEPTEMBER FITNESS SCHEDULE

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2 9am - Water Aerobics with Marni	3 10am - Functional Movements with Aleece	4 9am - Water Aerobics with Marni	5 11:15am Chair Yoga & Meditation	6 10:30am Chair Barre with Ashley	7 10:30am - YouTube Sit & Fit
8	9 CLOSED FOR LABOR DAY	10 10am - Functional Movements with Aleece	11 9am - Water Aerobics with Marni	12 11:15am Chair Yoga & Meditation	13 10:30am Chair Barre with Ashley	14 10:30am - YouTube Sit & Fit
15	16 9am - Water Aerobics with Marni	17 10am - Functional Movements with Aleece	18 9am - Water Aerobics with Marni	19 11:15am Chair Yoga & Meditation	20 10:30am Chair Barre with Aleece	21 10:30am - YouTube Sit & Fit
22	23 9am - Water Aerobics with Marni	24 10am - Functional Movements with Aleece	25 9am - Water Aerobics with Marni	26 11:15am Chair Yoga & Meditation	27 10:30am Chair Barre with Aleece	28 10:30am - YouTube Sit & Fit
29	30 9am - Water Aerobics with Marni					

