



September FITNESS



| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--------|--|---|--|--|---------------------------------|----------------------------------|
| | 1 LABOR DAY- NO FITNESS | 2 10 am Aqua Fitness | 3 9 am Water Aerobics | 4 10 am Fit & Fall Proof 11:30 am Chair Yoga & Meditation | 5 10 am Chair Yoga w/ Robin | 6 10:30 am YouTube Sit & Fit |
| 7 | 8 9 am Water Aerobics 11:30 am Chair Yoga | 9 9 am Fit & Fall Proof 10 am Aqua Fitness | 10 9 am Water Aerobics | 11 10am Fit & Fall Proof 11:30 am Chair Yoga & Meditation | 12 10 am Chair Yoga w/ Robin | 13 10:30 am YouTube Sit & Fit |
| 14 | 15 9 am Water Aerobics 11:30 am Chair Yoga | 16 9 am Fit & Fall Proof 10 am Aqua Fitness | 17 9 am Water Aerobics 10 am Open Gym Coaching | 18 10am Fit & Fall Proof 11:30 am Chair Yoga & Meditation | 19 10 am Chair Yoga w/ Robin | 20 10:30 am YouTube Sit & Fit |
| 21 | 22 9 am Water Aerobics 11:30 am Chair Yoga | 23 9am Fit & Fall Proof 10 am Aqua Fitness | 24 9 am Water Aerobics | 25 10 am Fit & Fall Proof 11:30 am Chair Yoga & Meditation | 26 10 am Chair Yoga w/ Robin | 27 10:30 am YouTube Sit & Fit |
| 28 | 29 11:30 am Chair Yoga | 30 9am Fit & Fall Proof 10 am Aqua Fitness | | | | |