

Get Fit Class Schedule - SEPTEMBER

Sunday		Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
27	12-1 PM Aqua Fit (Tammy) Schedule is subject to change at anytime.	28	9-10 AM Zumba (Suri) 6-7 PM Full Body Blast (Paige)	29	9-10 AM Strong Nation (Suri)	30	9-10 AM Zumba Toning (Suri) 12-1 PM Silver Sneakers (Yasha)	31	9-10 AM Strong Nation (Suri) 6-7 PM Full Body Blast (Katie)	1	9-10 AM Aerobic Dance (Suri) 12-1 PM Silver Sneakers (Yasha)	2	12:30-1:30 PM Yoga (Yasha)
3	12-1 PM Aqua Fit (Tammy)	4	9-10 AM Zumba (Suri) 6-7 PM Full Body Blast (Paige)	5	9-10 AM Strong Nation (Suri)	6	9-10 AM Zumba Toning (Suri) 12-1 PM Silver Sneakers (Yasha)	7	9-10 AM Strong Nation (Suri) 6-7 PM Full Body Blast (Paige)	8	9-10 AM Aerobic Dance (Suri) 12-1 PM Silver Sneakers (Yasha)	9	12:30-1:30 PM Yoga (Yasha)
10	12-1 PM Aqua Fit (Tammy)	11	9-10 AM Zumba (Suri) 6-7 PM Full Body Blast (Paige)	12	9-10 AM Strong Nation (Suri)	13	9-10 AM Zumba Toning (Suri) 12-1 PM Silver Sneakers (Yasha)	14	9-10 AM Strong Nation (Suri) 6-7 PM Full Body Blast (Paige)	15	9-10 AM Aerobic Dance (Suri) 12-1 PM Silver Sneakers (Yasha)	16	12:30-1:30 PM Yoga (Yasha)
17	12-1 PM Aqua Fit (Tammy)	18	9-10 AM Zumba (Suri) 6-7 PM Full Body Blast (Paige)	19	9-10 AM Strong Nation (Suri)	20	9-10 AM Zumba Toning (Suri) 12-1 PM Silver Sneakers (Yasha)	21	9-10 AM Strong Nation (Suri) 6-7 PM Full Body Blast (Paige)	22	9-10 AM Aerobic Dance (Suri) 12-1 PM Silver Sneakers (Yasha)	23	12:30-1:30 PM Yoga (Yasha)
24	12-1 PM Aqua Fit (Tammy)	25	9-10 AM Zumba (Suri) 6-7 PM Full Body Blast (Paige)	26	9-10 AM Strong Nation (Suri)	27	9-10 AM Zumba Toning (Suri) 12-1 PM Silver Sneakers (Yasha)	28	9-10 AM Strong Nation (Suri) 6-7 PM Full Body Blast (Paige)	29	9-10 AM Aerobic Dance (Suri) 12-1 PM Silver Sneakers (Yasha)	30	12:30-1:30 PM Yoga (Yasha)