

Get Fit Class Schedule - SEPTEMBER

Sunday		Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
1	Schedule is subject to change at anytime.	2	9-10 AM Zumba 12-1 PM Silver Sneakers (Yasha) 6-7 PM Full Body Blast (China)	3	9-10 AM Strong Nation (Suri)	4	9-10 AM Zumba Toning (Suri) 12-1 PM Silver Sneakers (Yasha)	5	9-10 AM Strong Nation (Suri) 6-7 PM Full Body Blast (Paige)	6	9-10 AM Aerobic Dance (Suri) 12-1 PM Silver Sneakers (Yasha)	7	11:00-12:00 Move w/ China 12:00-1:00 PM Yoga (Yasha)
8		3-4 PM Hula Honey (Margo)	9	9-10 AM Zumba 12-1 PM Silver Sneakers (Yasha) 6-7 PM Full Body Blast (China)	10	9-10 AM Strong Nation (Suri)	11	9-10 AM Zumba Toning (Suri) 12-1 PM Silver Sneakers (Yasha)	12	9-10 AM Strong Nation (Suri) 6-7 PM Full Body Blast (Paige)	13	9-10 AM Aerobic Dance (Suri) 12-1 PM Silver Sneakers (Yasha)	14
15	3-4 PM Hula Honey (Margo)	16	9-10 AM Zumba 12-1 PM Silver Sneakers (Yasha) 6-7 PM Full Body Blast (China)	17	9-10 AM Strong Nation (Suri)	18	9-10 AM Zumba Toning (Suri) 12-1 PM Silver Sneakers (Yasha)	19	9-10 AM Strong Nation (Suri) 6-7 PM Full Body Blast (Paige)	20	9-10 AM Aerobic Dance (Suri) 12-1 PM Silver Sneakers (Yasha)	21	11:00-12:00am Move w/ China 12:00-1:00 PM Yoga (Yasha)
22	3-4 PM Hula Honey (Margo)	23	9-10 AM Zumba 12-1 PM Silver Sneakers (Yasha) 6-7 PM Full Body Blast (China)	24	9-10 AM Strong Nation (Suri)	25	9-10 AM Zumba Toning (Suri) 12-1 PM Silver Sneakers (Yasha)	26	9-10 AM Strong Nation (Suri) 6-7 PM Full Body Blast (Paige)	27	9-10 AM Aerobic Dance (Suri) 12-1 PM Silver Sneakers (Yasha)	28	11:00-12:00am Move w/ China 12:00-1:00 PM Yoga (Yasha)
29	3-4 PM Hula Honey (Margo)	30	9-10 AM Zumba 12-1 PM Silver Sneakers (Yasha) 6-7 PM Full Body Blast (China)	1	9-10 AM Strong Nation (Suri)	2	9-10 AM Zumba Toning (Suri) 12-1 PM Silver Sneakers (Yasha)	3	9-10 AM Strong Nation (Suri) 6-7 PM Full Body Blast (Paige)	4	9-10 AM Aerobic Dance (Suri) 12-1 PM Silver Sneakers (Yasha)	5	11:00-12:00am Move w/ China 12:00-1:00 PM Yoga (Yasha)