

Get Fit Class Schedule - SEPTEMBER

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