



September 2022 Class Schedule

Class Prices:

\$18 for Single/Drop-in
 \$100/Month - Unlimited
 \$140 for 10 Class Punch Card

Instructor Key: Doug (D), Chrystal (C), Cindy (CH), Jason (J)

Sr. classes are FREE for SilverSneakers and Renew Active members.
\$35/Month - Sr. Unlimited + Gym Membership

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 5:30PM Core & More/ Stretch & Strength (C)	2 9:00 Sr. Cardio (D)	3 8:30AM Super Strong 60 minutes (C)
4 GYM CLOSED	5 GYM CLOSED <i>Labor Day</i>	6	7 9:00 Sr. Strength(D) 5:30PM Bootcamp (D)	8 5:30PM Core & More/ Stretch & Strength (C)	9 9:00 Sr. Cardio (D) Begin Fall Hours: Open until 5pm	10 8:30AM Super Strong 60 minutes (C)
11	12 9:00 Sr. Balance (CH) 5:30PM Bootcamp (D)	13	14 9:00 Sr. Strength(D) 5:30PM Bootcamp (D)	15 5:30PM Core & More/ Stretch & Strength (C)	16 9:00 Sr. Cardio (D)	17 8:30AM Super Strong 60 minutes (C)
18	19 9:00 Sr. Balance (CH) 5:30PM Bootcamp (D)	20	21 9:00 Sr. Strength(D) 5:30PM Bootcamp (D)	22 5:30PM Core & More/ Stretch & Strength (C)	23 9:00 Sr. Cardio (D)	24 8:30AM Super Strong 60 minutes (C)
25	26 9:00 Sr. Balance (CH) 5:30PM Bootcamp (TBD)	27	28 9:00 Sr. Strength (CH) 5:30PM Bootcamp (TBD)	29 5:30PM Core & More/ Stretch & Strength (C)	30 9:00 Sr. Cardio (CH)	