

# September 2010 Group Fitness



Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 Heather 9:00-10:00a Hard Core Cardio	2 Debby 9:00-9:50am Total Fitness Circuit	3 Natalie 9:00-10:00am Step/ Pump	4 <i>CLOSED</i>
5 <i>CLOSED</i>	6 <i>LABOR DAY</i> <i>CLOSED</i>	7 Heather 9:00-9:50am Body Sculpt	8 Heather 9:00-10:00a Hard Core Cardio	9 Debby 9:00-9:50am Total Fitness Circuit	10 Natalie 9:00-10:00am Step/ Pump	11 <i>CLOSED</i>
12 <i>CLOSED</i>	13 Heather 9:00-10:00a Cardio Kick Boxing	14 Heather 9:00-9:50am Body Sculpt	15 Heather 9:00-10:00a Hard Core Cardio	16 Debby 9:00-9:50am Total Fitness Circuit	17 Natalie 9:00-10:00am Step/ Pump	18 <i>CLOSED</i>
19 <i>CLOSED</i>	20 Heather 9:00-10:00a Cardio Kick Boxing	21 Debby 9:00-9:50am Body Sculpt	22 Heather 9:00-10:00a Hard Core Cardio	23 Debby 9:00-9:50am Total Fitness Circuit	24 Natalie 9:00-10:00am Step/ Pump	25 <i>CLOSED</i>
26 <i>CLOSED</i>	27 Heather 9:00-10:00a Cardio Kick Boxing	28 Debby 9:00-9:50am Body Sculpt	29 Heather 9:00-10:00a Hard Core Cardio	30 Debby 9:00-9:50am Total Fitness Circuit		