

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY


# September




### LOCATION:

- A- Studio A
- B- Studio B
- C- Studio C
- F- Functional Area
- T- Track

<b>1</b>		<b>2</b>	
T 5:15a TRX Plus	Kay	A 7:45a Saturday Strong	Rachel
T 6:30a TRX 101	Kay	C 9:00a Cycle	Dana
C 8:15a Wheel Results	Mel	A 9:00a BrainPump for ages 4-10	
A 8:30a LaBlast	Elizabeth	<b>A 10:30a Zumba</b>	<b>Dana</b>
B 9:00a All Levels Yoga	Lisa	 <p><b>BRING A FRIEND FOR \$5 EVERY SATURDAY IN SEPTEMBER!</b></p>	
A 9:30a Barre-lates	Elizabeth		
<b>A 12p MetaFit</b>	<b>Teresa</b>		
A 5:00p Jungle Body	Angel		

<b>3</b>		<b>4 LABOR DAY 7a-12p</b>		<b>5</b>		<b>6 WELLNESS WEDNESDAY</b>		<b>7 NEW CLASS ALERT!</b>		<b>8</b>		<b>9</b>			
C 3:00p Cycle	Stephanie	C 8:30a Red, White and Spin	Teresa	A 5:30a Barre	Jodie	A 5:30a Power Hour	Katie	C 5:30a Fast and Furious	Teresa	T 5:15a TRX Plus	Kay	A 7:45a Saturday Strong	Rachel		
A 4:00p Full Body Vinyasa	Desiree	A 9:00a SilverSneakers@Classic	Jodie	A 8:30a Cardio Circuit	Dana	T 6:30a TRX	Jodie	A 8:00a Pilates	Jodie	T 6:30a TRX 101	Kay	B 8:00a Yoga	Jodie		
<p><b>PRE-BOOK YOUR CLASSES IN THE APP OR SEE THE FRONT DESK TO RESERVE YOUR SPOT IN CLASS!</b></p>		 <p>HAPPY LABOR DAY!</p>		B 9:00a All Levels Yoga	Rebecca	A 8:00a Tai Chi	Peggy	C 8:15a Cycle	Dana	C 8:15a Wheel Results	Mel	C 9:00a Cycle	Mel		
				A 9:30a ZUMBA GOLD®	Dana	A 9:00a Yoga Stretch	Lisa	B 9:00a Dynamic Flow	Rebecca	A 9:30a ZUMBA GOLD®	Dana	A 8:30a LaBlast	Elizabeth	A 9:00a BrainPump for ages 4-10	
				A 10:45a Stretch & Strengthen	Mel	B 10:30a SilverSneakers@Yoga	Peggy	A 10:45a Stretch & Strengthen	Mel	A 10:45a Stretch & Strengthen	Mel	B 9:00a All Levels Yoga	Lisa		
				C 12p Bike + Bells	Dana	C 11:30a Cycle	Elizabeth	A 4:45p Bootcamp	Timothy	A 12p Bootcamp	Anthony	A 9:30a Barre-lates	Elizabeth		
				A 4:45p Bootcamp	Timothy	A 12p Bootcamp	Anthony	A 5:30p Cardio Blast	Angel	A 2:30p SilverSneakers@Classic	Sam	<b>A 12p Bootcamp</b>	<b>Jamie</b>		
						A 4:30p Power Hour	Katie	A 4:30p Turbo Kickboxing	Zel						
						A 5:30p Yoga Nidra	Louise	A 5:30p Power Sculpt	Stephanie						
						A 6:00p Zumba	Angel	<p><b>BOOTCAMP</b> 12p with Jamie</p>							

<b>10</b>		<b>11</b>		<b>12</b>		<b>13</b>		<b>14</b>		<b>15</b>		<b>16</b>	
C 3:00p Cycle	Wanda	T 5:30a Track Intervals	Rachel	A 5:30a Barre	Jodie	A 5:30a Power Hour	Katie	C 5:30a Fast and Furious	Teresa	T 5:15a TRX Plus	Kay	A 7:45a Saturday Strong	Rachel
A 4:00p Yoga	Wanda	T 6:30a TRX	Jodie	A 8:30a Cardio Circuit	Dana	T 6:30a TRX	Jodie	A 8:00a Pilates	Jodie	T 6:30a TRX 101	Kay	B 8:00a All Levels Yoga	Rebecca
<p><b>SUNDAY SPIN?</b> COUNT ME IN!</p>		A 8:00a HIIT Circuit	Shelby	B 9:00a All Levels Yoga	Rebecca	A 8:00a Tai Chi	Peggy	C 8:15a Cycle	Dana	C 8:15a Wheel Results	Mel	C 9:00a Cycle	Mel
		B 8:45a Full Body Vinyasa	Paula	A 9:30a ZUMBA GOLD®	Dana	A 9:00a Yoga Stretch	Lisa	B 9:00a Dynamic Flow	Rebecca	A 8:30a LaBlast	Elizabeth	A 9:00a BrainPump for ages 4-10	
		A 9:00a Yoga Stretch	Lisa	A 10:45a Stretch & Strengthen	Mel	B 10:30a SilverSneakers@Yoga	Peggy	A 9:30a ZUMBA GOLD®	Dana	B 9:00a All Levels Yoga	Lisa	A 10:15a Yoga	Lisa
		A 10:30a SilverSneakers@Classic	Sam	C 12p Bike + Bells	Dana	C 11:30a Cycle	Elizabeth	A 10:45a Stretch & Strengthen	Mel	A 9:30a Barre-lates	Elizabeth	<p>New to Yoga? Been practicing for years? <b>Come attend All Levels Yoga with Rebecca at 8a</b></p>	
		<b>A 12p Bootcamp</b>	<b>Jamie</b>	A 4:45p Bootcamp	Timothy	A 12p Bootcamp	Anthony	A 12p Bootcamp	Jamie	<b>A 12p Bootcamp</b>	<b>Jamie</b>		
F 4:30p Fit Troops	John	A 5:30p Cardio Blast	Angel	A 2:30p SilverSneakers@Classic	Sam	A 4:30p Turbo Kickboxing	Zel	A 5:00p Jungle Body	Angel				
C 5:30p Ride and Ripped	Stephanie			A 4:30p Power Hour	Katie	A 5:30p Power Sculpt	Stephanie						
						B 5:30p Yoga Nidra	Louise	<p><b>Fast &amp; Furious</b> START YOUR DAY CYCLING WITH TERESA AT 5:30A</p>					
						A 6:00p Zumba	Angel						

<b>17</b>		<b>18</b>		<b>19</b>		<b>20 No 5:30p Yoga Nidra</b>		<b>21</b>		<b>22</b>		<b>23</b>	
C 3:00p Cycle	Phillip	T 5:30a Track Intervals	Rachel	A 5:30a Barre	Jodie	A 5:30a Power Hour	Katie	C 5:30a Fast and Furious	Teresa	T 5:15a TRX Plus	Kay	A 7:45a Saturday Strong	Rachel
A 4:00p Full Body Vinyasa	Desiree	T 6:30a TRX	Jodie	A 8:30a Cardio Circuit	Dana	T 6:30a TRX	Jodie	A 8:00a Pilates	Jodie	T 6:30a TRX 101	Kay	B 8:00a Yoga	Desiree
<p><b>JWC turns two</b> FREE Classes all day long! <b>WEDNESDAY, SEPT. 20</b></p>		A 8:00a HIIT Circuit	Shelby	B 9:00a All Levels Yoga	Rebecca	A 8:00a Tai Chi	Peggy	C 8:15a Cycle	Dana	C 8:15a Wheel Results	Mel	C 9:00a Cycle	Phillip
		B 8:45a Full Body Vinyasa	Paula	A 9:30a ZUMBA GOLD®	Dana	A 9:00a Yoga Stretch	Lisa	B 9:00a Dynamic Flow	Rebecca	A 8:30a LaBlast	Elizabeth	A 9:00a BrainPump for ages 4-10	
		A 9:00a Yoga Stretch	Lisa	A 10:45a Stretch & Strengthen	Mel	B 10:30a SilverSneakers@Yoga	Peggy	A 9:30a ZUMBA GOLD®	Dana	B 9:00a All Levels Yoga	Jodie		
		A 10:30a SilverSneakers@Classic	Sam	C 12p Bike + Bells	Dana	C 11:30a Cycle	Elizabeth	A 10:45a Stretch & Strengthen	Mel	A 9:30a Barre-lates	Elizabeth	<p>Scan the QR Code to register your child for Brain Pump!</p> 	
		<b>C 12p Cycle</b>	<b>Katie</b>	A 4:45p Bootcamp	Timothy	A 12p Bootcamp	Anthony	A 12p Bootcamp	Jamie	<b>A 12p MetaFit</b>	<b>Teresa</b>		
F 4:30p Fit Troops	John	A 5:30p Cardio Blast	Angel	A 2:30p SilverSneakers@Classic	Sam	A 4:30p Turbo Kickboxing	Zel	A 5:00p Jungle Body	Angel				
C 5:30p Ride and Ripped	Phillip			A 4:30p Power Hour	Katie	A 5:30p Power Sculpt	Stephanie						
						A 5:30p Birthday Bash	Angel & Friends						
						<b>Diabetes Education Class</b>	10:15a						

<b>24</b>		<b>25</b>		<b>26</b>		<b>27</b>		<b>28</b>		<b>29</b>		<b>30</b>	
C 3:00p Cycle	Phillip	T 5:30a Track Intervals	Rachel	A 5:30a Barre	Jodie	A 5:30a Power Hour	Katie	C 5:30a Fast and Furious	Teresa	T 5:15a TRX Plus	Kay	A 7:45a Saturday Strong	Jodie
A 4:00p Full Body Vinyasa	Desiree	T 6:30a TRX	Jodie	A 8:30a Cardio Circuit	Dana	T 6:30a TRX	Jodie	A 8:00a Pilates	Jodie	T 6:30a TRX 101	Kay	C 9:00a Cycle	Dana
<p>Join our Facebook Group for updates &amp; all things Group Ex!</p> 		A 8:00a HIIT Circuit	Shelby	B 9:00a All Levels Yoga	Rebecca	A 8:00a Tai Chi	Peggy	C 8:15a Cycle	Dana	C 8:15a Wheel Results	Mel	A 9:00a BrainPump for ages 4-10	
		B 8:45a Full Body Vinyasa	Paula	A 9:30a ZUMBA GOLD®	Dana	A 9:00a Yoga Stretch	Lisa	B 9:00a Dynamic Flow	Rebecca	A 8:30a LaBlast	Elizabeth	A 10:15a Full Body Vinyasa	Peggy
		A 9:00a Yoga Stretch	Lisa	A 10:45a Stretch & Strengthen	Mel	B 10:30a SilverSneakers@Yoga	Peggy	A 9:30a ZUMBA GOLD®	Dana	B 9:00a All Levels Yoga	Lisa		
		A 10:30a SilverSneakers@Classic	Sam	C 12p Bike + Bells	Dana	C 11:30a Cycle	Jodie	A 10:45a Stretch & Strengthen	Mel	A 9:30a Barre-lates	Elizabeth		
		<b>A 12p Bootcamp</b>	<b>Jamie</b>	A 4:45p Bootcamp	Timothy	A 12p Bootcamp	Anthony	A 12p Bootcamp	Jamie	<b>A 12p Bootcamp</b>	<b>Jamie</b>		
F 4:30p Fit Troops	John	A 5:30p Cardio Blast	Angel	A 2:30p SilverSneakers@Classic	Sam	A 4:30p Turbo Kickboxing	Zel	A 5:00p Jungle Body	Angel				
C 5:30p Ride and Ripped	Stephanie			A 4:30p Power Hour	Katie	A 5:30p Power Sculpt	Stephanie						
						B 5:30p Yoga Nidra	Louise	<p><b>Nutrition for Healthy Living Class</b> 5:30p</p>					
						A 6:00p Zumba	Angel						