

September 2020 CYCLING

GROUP FITNESS & INDOOR

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5
		*9:00am Burn- Kelsey 9:00am Spin- Calleen 10:00am Tap- Pam 12:00pm MLC-Jamie 4:30pm Pump&Crunch- Linda 5:30pm Spin- Leslie 6:30pm Zumba- Christy	**8:00am HIIT- Kelsey 9:00am Cardio Fusion-Doris 10:00am TBS - Doris 11:10am Hatha Yoga-Emmy 4:30pm Full Body Fit - Calleen	*9:00am Burn- Kelsey 9:00am Spin - Calleen 12:00pm MLC-Jamie 4:30pm HIIT- Calleen 6:30pm Zumba- Christy	**8:00am HIIT -Kelsey 9:00am Pump&Crunch- Linda 10:15am Tap - Pam 11:15am Yoga- Pam 4:30pm Zumba- Megan	11:00am Hatha Yoga- Emmy
6	7	8	9	10	11	12
	Labor Day Holiday Club Hours 5am - 2pm No Group Fitness	*9:00am Burn- Kelsey 9:00am Spin- Calleen 10:00am Tap- Pam 12:00pm MLC-Jamie 4:30pm Pump&Crunch-Linda 5:30pm Spin - Leslie 6:30pm Zumba- Christy	**8:00am HIIT- Kelsey *9:00am Burn- Kelsey 10:00am TBS- Calleen 11:10am Hatha Yoga-Emmy 4:30pm Full Body Fit- Calleen	*9:00am burn- Kelsey 9:00am Spin - Calleen 12:00pm MLC-Jamie 4:30pm HIIT- Calleen 6:30pm Zumba- Christy	**8:00am HIIT - Kelsey 9:00am Pump & Crunch - Doris 10:15am Tap - Pam 11:15am Yoga- Pam 4:30 pm Zumba - Megan	9:00am Zumba- Christy
13	14	15	16	17	18	19
	**8:00am HIIT - Kelsey 9:00am Pump&Crunch - Doris 10:00am TBS- Doris 11:10am Hatha Yoga- Emmy 4:30pm HIIT- Calleen 5:30pm Yoga - Megan 5:30pm Cycle-X - Leslie	*9:00am Burn- Kelsey 9:00am Spin- Calleen 10:00am Tap-Pam 12:00pm MLC-Jamie 4:30pm Pump&Crunch-Linda 5:30pm Spin - Leslie 6:30pm Zumba- Christy	** 8:00am HIIT-Kelsey 9:00am Cardio Fusion-Doris 10:00am TBS -Doris 11:10am Hatha Yoga-Emmy 4:30pm Full Body Fit- Calleen	*9:00am Burn- Kelsey 9:00am Spin - Calleen 12:00 MLC-Jamie 4:30pm HIIT-Calleen 6:30pm Zumba- Christy	**8:00am HIIT - Kelsey 9:00am Full Body Fit- Calleen 10:15am Tap - Pam 11:15am Yoga- Pam 4:30pm Zumba - Megan	11:00am Yoga- Megan
20	21	22	23	24	25	26
	**8:00am HIIT - Calleen 9:00am Pump&Crunch - Doris 10:00am TBS- Doris 11:10am Hatha Yoga- Emmy 4:30pm HIIT- Calleen 5:30pm Yoga - Megan 5:30pm Cycle-X- Leslie	*9:00am Burn- NO CLASS 9:00am Spin- Calleen 10:00am Tap-Pam 12:00pm MLC-Jamie 4:30pm Pump&Crunch- Linda 5:30pm Spin - Leslie 6:30pm Zumba- Christy	** 8:00am HIIT- Calleen 9:00am Cardio Fusion-Doris 10:00am TBS - Doris 11:10am Hatha Yoga-Emmy 4:30pm Full Body Fit- Calleen	*9:00am Burn- NO CLASS 9:00am Spin - Calleen 12:00pm MLC-Jamie 4:30pm HIIT- Calleen 6:30pm Zumba- Christy	**8:00am HIIT - Calleen 9:00am Pump & Crunch - Doris 10:15am Tap - Pam 11:15am Yoga- Pam 4:30pm Zumba - Megan	9:00am Zumba- Christy
27	28	29	30			
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