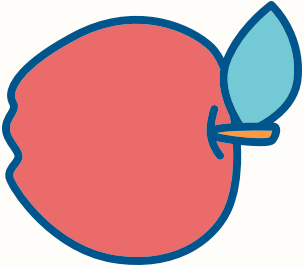


ZUMBA CLASSES AND PICKLE BALL WILL BE HELD IN THE TENNIS COURTS.



SEPTEMBER

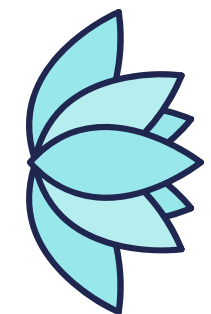


2018

SUN	MON	TUE	WED	THU	FRI	SAT
						01 7:00AM SUNRISE STRETCH 8:00AM WOMEN N' WEIGHTS 9:00AM HIIT 10:30AM YIN YOGA 10:00AM - 12:00PM SCHEDULED PICKLEBALL
02  1:00PM - 3:00PM SCHEDULED PICKLEBALL	03  8:00AM SUNRISE STRETCH 9:00AM WOMEN N' WEIGHTS 9:00AM ZUMBA FITNESS	04  7:00AM TRX TEAM 8:00AM SUNRISE STRETCH 9:00AM WATER AEROBICS 10:15AM PILATES 11:30AM RESISTAMCE CIRCUIT TRAINING 9:00AM ZUMBA STEP 10:00AM - 12:00PM SCHEDULED PICKLEBALL 6:30PM HIIT	05  8:00AM SUNRISE STRETCH 9:00AM TRX 9:00M ZUMBA TONE 10:15AM PILATES 11:30AM STRONG STABILITY 10:00AM - 12:00PM SCHEDULED PICKLEBALL 6:30PM YIN YOGA	06  7:00AM TRX TEAM 8:00AM SUNRISE STRETCH 9:00AM WATER AEROBICS 10:15AM INTRO TO TRX 11:30AM RESISTANCES CIRCUIT TRAINING 6:00PM - 8:00PM SCHEDULED PICKLEBALL 6:30PM HIIT	07  7:00AM SUNRISE STRETCH 8:00AM WOMEN N' WEIGHTS 9:00AM HIIT 10:30AM YIN YOGA 10:00AM - 12:00PM SCHEDULED PICKLEBALL	08  7:00AM SUNRISE STRETCH 8:00AM WOMENS N' WEIGHTS 9:00AM HIIT 11:00AM YIN YOGA 10:00AM - 12:00PM SCHEDULED PICKLEBALL
09  1:00PM - 3:00PM SCHEDULED PICKLEBALL	10  7:00AM SUNRISE STRETCH 8:00AM SUNRISE STRETCH 9:00AM TRX 10:15AM PILATES 11:30AM STRONG STABILITY 9:00AM ZUMBA FITNESS	11  7:00AM TRX TEAM 8:00AM SUNRISE STRETCH 9:00AM WATER AEROBICS 10:15AM PILATES 11:30AM RESISTAMCE CIRCUIT TRAINING 9:00AM ZUMBA STEP 10:00AM - 12:00PM SCHEDULED PICKLEBALL 6:30PM HIIT	12  8:00AM SUNRISE STRETCH 9:00AM TRX 9:00M ZUMBA TONE 10:15AM PILATES 11:30AM STRONG STABILITY 10:00AM - 12:00PM SCHEDULED PICKLEBALL 6:30PM YIN YOGA	13  7:00AM TRX TEAM 8:00AM SUNRISE STRETCH 9:00AM WATER AEROBICS 10:15AM INTRO TO TRX 11:30AM RESISTANCES CIRCUIT TRAINING 6:00PM - 8:00PM SCHEDULED PICKLEBALL 6:30PM HIIT	14  7:00AM SUNRISE STRETCH 8:00AM WOMEN N' WEIGHTS 9:00AM HIIT 10:30AM YIN YOGA 10:00AM - 12:00PM SCHEDULED PICKLEBALL	15  7:00AM SUNRISE STRETCH 8:00AM WOMEN N' WEIGHTS 9:00AM HIIT 11:00AM YIN YOGA 10:00AM - 12:00PM SCHEDULED PICKLEBALL
16  1:00PM - 3:00PM SCHEDULED PICKLEBALL	17  8:00AM SUNRISE STRETCH 9:00AM WOMEN N' WEIGHTS	18  7:00AM TRX TEAM 8:00AM SUNRISE STRETCH 9:00AM WATER AEROBICS 11:30AM RESISTAMCE CIRCUIT TRAINING 9:00AM ZUMBA STEP 10:00AM - 12:00PM SCHEDULED PICKLEBALL 6:30PM HIIT	19  8:00AM SUNRISE STRETCH 9:00AM TRX 9:00M ZUMBA TONE 10:15AM PILATES 11:30AM STRONG STABILITY 10:00AM - 12:00PM SCHEDULED PICKLEBALL 6:30PM YIN YOGA	20  7:00AM TRX TEAM 8:00AM SUNRISE STRETCH 9:00AM WATER AEROBICS 10:15AM INTRO TO TRX 11:30AM RESISTANCES CIRCUIT TRAINING 6:00PM - 8:00PM SCHEDULED PICKLEBALL 6:30PM HIIT	21  7:00AM SUNRISE STRETCH 8:00AM WOMEN N' WEIGHTS 9:00AM HIIT 10:30AM YIN YOGA 10:00AM - 12:00PM SCHEDULED PICKLEBALL	22  7:00AM SUNRISE STRETCH 8:00AM WOMEN N' WEIGHTS 9:00AM HIIT 11:00AM YIN YOGA 10:00AM - 12:00PM SCHEDULED PICKLEBALL
23  23	24  7:00AM SUNRISE STRETCH 8:00AM SUNRISE STRETCH 9:00AM TRX 10:15AM PILATES 11:30AM STRONG STABILITY 9:00AM ZUMBA FITNESS	25  7:00AM TRX TEAM 8:00AM SUNRISE STRETCH 9:00AM WATER AEROBICS 10:15AM PILATES 11:30AM RESISTAMCE CIRCUIT TRAINING 9:00AM ZUMBA STEP 10:00AM - 12:00PM SCHEDULED PICKLEBALL 6:30PM HIIT	26  8:00AM SUNRISE STRETCH 9:00AM TRX 9:00M ZUMBA TONE 10:15AM PILATES 11:30AM STRONG STABILITY 10:00AM - 12:00PM SCHEDULED PICKLEBALL 6:30PM YIN YOGA	27  7:00AM TRX TEAM 8:00AM SUNRISE STRETCH 9:00AM WATER AEROBICS 10:15AM INTRO TO TRX 11:30AM RESISTANCES CIRCUIT TRAINING 6:00PM - 8:00PM SCHEDULED PICKLEBALL 6:30PM HIIT	28  7:00AM SUNRISE STRETCH 8:00AM WOMEN N' WEIGHTS 9:00AM HIIT 10:30AM YIN YOGA 10:00AM - 12:00PM SCHEDULED PICKLEBALL	29  7:00AM SUNRISE STRETCH 8:00AM WOMEN N' WEIGHTS 9:00AM HIIT 11:00AM YIN YOGA 10:00AM - 12:00PM SCHEDULED PICKLEBALL
30  1:00PM - 3:00PM SCHEDULED PICKLEBALL	CLASSES ARE SUBJECT TO CHANGE.			TRX CLASSES ARE LIMITED TO 6 PEOPLE.		PLEASE ARRIVE 10 MINUTES EARLY FOR EACH CLASS.

# SEPTEMBER YOGA AND STRETCH CLASSES

SUN	MON	TUE	WED	THU	FRI	SAT
						01 7:00AM SUNRISE STRETCH 10:30AM YIN YOGA
02	03 8:00AM SUNRISE STRETCH	04 8:00AM SUNRISE STRETCH 5:30PM HATHA YOGA	05 8:00AM SUNRISE STRETCH 5:30PM VINYASA YOGA 6:30PM YIN YOGA	06 8:00AM SUNRISE STRETCH 5:30PM HATHA YOGA	07 7:00AM SUNRISE STRETCH 10:30AM YIN YOGA 7:30PM - JUDY MILTON	08 7:00AM SUNRISE STRETCH 10:00AM - JUDY MILTON 11:00AM YIN YOGA
09 9:00AM - JUDY MILTON	10 7:00AM SUNRISE STRETCH 8:00AM SUNRISE STRETCH 6:30PM YIN YOGA	11 8:00AM SUNRISE STRETCH	12 8:00AM SUNRISE STRETCH 6:30PM YIN YOGA	13 8:00AM SUNRISE STRETCH 5:30PM YIN YOGA	14 7:00AM SUNRISE STRETCH 9:00AM YIN YOGA 7:30PM - MATEO CHAVEZ	15 7:00AM SUNRISE STRETCH 10:00AM - MATEO CHAVEZ 11:00AM YIN YOGA
16 9:00AM - MATEO CHAVEZ	17 8:00AM SUNRISE STRETCH	18 8:00AM SUNRISE STRETCH 5:30PM YIN YOGA	19 8:00AM SUNRISE STRETCH 5:30PM VINYASA YOGA 6:30PM YIN YOGA	20 8:00AM SUNRISE STRETCH 5:30PM YIN YOGA	21 7:00AM SUNRISE STRETCH 10:30AM YIN YOGA 7:30PM - MANDY CUMMINS	22 7:00AM SUNRISE STRETCH 10:00AM - MANDY CUMMINS 11:00AM YIN YOGA
23 9:00AM - MANDY CUMMINS	24 7:00AM SUNRISE STRETCH 8:00AM SUNRISE STRETCH 5:30PM VINYASA YOGA	25 8:00AM SUNRISE STRETCH 5:30PM HATHA YOGA	26 8:00AM SUNRISE STRETCH 5:30PM VINYASA YOGA 6:30PM YIN YOGA	27 8:00AM SUNRISE STRETCH 5:30PM HATHA YOGA	28 7:00AM SUNRISE STRETCH 10:30AM YIN YOGA 7:30PM - MARIA MCDONALD	29 7:00AM SUNRISE STRETCH 10:00AM - MARIA MCDONALD 11:00AM YIN YOGA
30 9:00AM - MARIA MCDONALD	PLEASE ARRIVE 10 MINUTES EARLY FOR EACH CLASS.			CLASSES ARE SUBJECT TO CHANGE.		



2018