

**Must be signed up for early morning classes
by 8pm the night before*

Fitness Class Calendar September 2017



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1 9-9:50am Pure Strength	2 9-9:50am Cardio Drumming 10-10:20pm Lake Linden Farmers Market Cardio Drumming Demo
3 No Class on Sunday	4 *Closed* <i>Have a Happy Labor Day!</i>	5 9-9:50am Cardio Drumming	6 10-10:50am Full Body Fitness 5:15-6:15pm Sweat Strength	7 9-9:50am Cardio Drumming 5:30-6:20pm Cardio Drumming 6:30-7:20pm Advanced Drumming	8 9-9:50am Pure Strength 10-10:50am Full Body Fitness	9 9-9:50am Cardio Drumming 10-10:20pm Lake Linden Farmers Market Cardio Drumming Demo
10 No Class on Sunday	11 9-9:50am Pure Strength 10-10:50am Full Body Fitness	12 9-9:50am Cardio Drumming	13 10-10:50am Full Body Fitness 5:15-6:15pm Sweat Strength	14 9-9:50am Cardio Drumming 5:30-6:20pm Cardio Drumming 6:30-7:20pm "Buddy" Class	15 9-9:50am Pure Strength 10-10:50am Full Body Fitness	16 No Class
17 No Class on Sunday	18 9-9:50am Pure Strength 10-10:50am Full Body Fitness	19 9-9:50am Stability Ball Class	20 10-10:50am Full Body Fitness 5:15-6:15pm Sweat Strength	21 9-9:50am Stability Ball Class	22 9-9:50am Pure Strength 10-10:50am Full Body Fitness	23 9-9:50am Cardio Drumming
24	25 9-9:50am Pure Strength 10-10:50am Full Body Fitness	26 9-9:50am Cardio Drumming	27 5:15-6:15pm Sweat Strength	28 9-9:50am Cardio Drumming 5:30-6:20pm Cardio Drumming	29 9-9:50am Pure Strength 10-10:50am Full Body Fitness	30 9-9:50am Cardio Drumming

Please sign up at the fitness center or call 337-7000 at least 1 hour before class time ☺