**September & October 2021 Group training monthly.**

SATURDAY

8:00-9:00 am

 **Spinning & Sculpt**

Stacy/Brenda/Jess

**No class on Labor day weekend Saturday Sept.4-6th!**

Saturday Yoga starts in November! Stay tuned to times.

SUNDAY

5:30-6:30 pm

 Yoga

Haylee

FRIDAY

5:30-6:15 am

**Spinning & Abs**

Steph

8:00-8:45 am

**Spinning & Sculpt**

Molly

**Get it Back starts Tuesday, September 7th-30th**

**Session #2**

**October 4-28th**

**Session #3**

**November 1-24th**

**Monday, Tuesday & Thursday’s 5:00-5:45 am**

WEDNESDAY

5:30-6:15 am

**Spinning & Sculpt**

Steve

8:00-8:45 am

**F.I.T**

Molly

**Butts & Guts start in October 6th at 4:30.**

**4:30-5:15 pm**

**Stephanie**

**NEW CLASS STARTS Sept 8th!!**

5:15-6:00 pm

**F.I.T**

Jess

###### THURSDAY

5:30-6:15 am

 **Yoga**

Haylee

8:00-8:45 am

**Barre**

Jeanne

10:00-11:00 am

**Silver Sneakers**

Ruth

**NEW CLASS STARTS Sept 9th!!**

5:00-5:45 pm

Spinning

Stacy

###### TUESDAY

5:30-6:15 am

**Cardio Barre**

Stephanie

8:00-9:00 am

 **Yoga**

Haylee/Molly

10:00-11:00 am

**Silver Sneakers**

Ruth

**NEW TIME**

5:00-5:45 pm

**Spinning**

Molly

###### MONDAY

5:30-6:15 am

 **Boot camp**

Lora

8:00-8:45 am

**Per4mance**

Molly

**Group Personal Training monthly**

**Tuesdays, Thursday’s, Friday’s 6:00-6:45 am**

**sign up required.**

4:30-5:15 pm

**F.I.T**

Steph

5:30-6:30 pm

 **Yoga**

Molly/Haylee