



# September Workout Schedule



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<b>Core Rhythms &amp; Zumba</b> 1 Class - \$8.00    10 Classes - \$60.00  <b>**Core Rhythms and Zumba are interchangeable**</b>  Yoga 1 Class - \$10		<b>1</b> <b>Zumba</b> 5:20pm-6:15pm	<b>2</b> Hatha Yoga 6am – 7 am <b>Core Rhythms</b> 5:20pm-6:15pm	<b>3</b> <b>Zumba</b> 5:20pm-6:15pm	<b>4</b> Hatha Yoga 9am – 10am <b>Zumba</b> 10:15am <b>CR/Stretch</b> 11:10am
	<b>5</b>	<b>6</b> NO ZUMBA TODAY!	<b>7</b> Hatha Yoga 6am – 7 am <b>Core Rhythms</b> 5:20pm-6:15pm	<b>8</b> <b>Zumba</b> 5:20pm-6:15pm	<b>9</b> Hatha Yoga 6am – 7 am <b>Core Rhythms</b> 5:20pm-6:15pm	<b>10</b> <b>Zumba</b> 5:20pm-6:15pm
<b>12</b>	<b>13</b> NO ZUMBA TODAY!	<b>14</b> Hatha Yoga 6am – 7 am <b>Core Rhythms</b> 5:20pm-6:15pm	<b>15</b> <b>Zumba</b> 5:20pm-6:15pm	<b>16</b> Hatha Yoga 6am – 7 am <b>Core Rhythms</b> 5:20pm-6:15pm	<b>17</b> <b>Zumba</b> 5:20pm-6:15pm	<b>18</b> Hatha Yoga 9am – 10am <b>Zumba</b> 10:15am <b>CR/Stretch</b> 11:10am
<b>19</b>	<b>20</b> <b>Zumba</b> 5:20pm-6:15pm	<b>21</b> Hatha Yoga 6am – 7 am <b>Core Rhythms</b> 5:20pm-6:15pm	<b>22</b> <b>Zumba</b> 5:20pm-6:15pm	<b>23</b> Hatha Yoga 6am – 7 am <b>Core Rhythms</b> 5:20pm-6:15pm	<b>24</b> <b>Zumba</b> 5:20pm-6:15pm	<b>25</b> Hatha Yoga 9am – 10am <b>Zumba</b> 10:15am <b>CR/Stretch</b> 11:10am
<b>26</b> 	<b>27</b> <b>Zumba</b> 5:20pm-6:15pm	<b>28</b> Hatha Yoga 6am – 7 am <b>Core Rhythms</b> 5:20pm-6:15pm	<b>29</b> <b>Zumba</b> 5:20pm-6:15pm	<b>30</b> Hatha Yoga 6am – 7 am <b>Core Rhythms</b> 5:20pm-6:15pm	  <b>FIRST CLASS IS FREE!!</b>	

