



September 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
27	28 Thursday Zone Burn New Time: 4:30 - 5:15	29	30	31 	1 9:00-9:30 CHAIR STRETCH 9:30-10:00 CHAIR MUSCLE NO EVENING CLASSES	2 9:00-9:45 POWERSCULPT by Peggy
3 CLOSED	4 NO CLASSES  LABOR DAY	5 9:00-9:30 ADVANCED STEP 9:30-10:00 POWERSCULPT 10:00-10:30 YOGA FLOW 4:30-5:00 POWERSCULPT 5:00-5:30 YOGA	6 8:30-9:00 DANCE 4 FUN 9:00-9:30 STRETCH 4:15 NO CLASS	7 9:00-9:30 ADVANCED STEP 9:30-10:00 POWERSCULPT 10:00-10:30 YOGA FLOW 4:30-5:15 ZONE STRENGTH	8 9:00-9:30 CHAIR STRETCH 9:30-10:00 CHAIR MUSCLE NO EVENING CLASSES	9 9:00-9:45 ZONE STRENGTH by Justin
10 CLOSED	11 8:30-9:00 LINE DANCE 9:00-9:30 STRETCH 4:30-5:00 POWERSCULPT	12 9:00-9:30 ADVANCED STEP 9:30-10:00 POWERSCULPT 10:00-10:30 YOGA FLOW 4:30-5:00 POWERSCULPT 5:00-5:30 YOGA	13 8:30-9:00 DANCE 4 FUN 9:00-9:30 STRETCH 4:15 NO CLASS	14 9:00-9:30 ADVANCED STEP 9:30-10:00 POWERSCULPT 10:00-10:30 YOGA FLOW 5:00 NO CLASS	15 9:00-9:30 CHAIR STRETCH 9:30-10:00 CHAIR MUSCLE NO EVENING CLASSES	16 9:00-9:45 ZONE STRENGTH by Justin
17 CLOSED	18 8:30-9:00 LINE DANCE 9:00-9:30 STRETCH 4:15-5:15 DROP-IN CIRCUIT	19 9:00-9:30 ADVANCED STEP 9:30-10:00 POWERSCULPT 10:00-10:30 YOGA FLOW 4:30-5:00 POWERSCULPT 5:00-5:30 YOGA	20 8:30-9:00 DANCE 4 FUN 9:00-9:30 STRETCH 4:15 NO CLASS	21 9:00-9:30 ADVANCED STEP 9:30-10:00 POWERSCULPT 10:00-10:30 YOGA FLOW 4:30-5:15 ZONE STRENGTH	22 9:00-9:30 CHAIR STRETCH 9:30-10:00 CHAIR MUSCLE NO EVENING CLASSES	23 9:00-9:45 HIIT by Isaac
24 CLOSED	25 8:30-9:00 LINE DANCE 9:00-9:30 STRETCH 4:15-5:15 DROP-IN CIRCUIT	26 9:00-9:30 ADVANCED STEP 9:30-10:00 POWERSCULPT 10:00-10:30 YOGA FLOW 4:30-5:00 POWERSCULPT 5:00-5:30 YOGA	27 8:30-9:00 DANCE 4 FUN 9:00-9:30 STRETCH 4:15 NO CLASS	28 9:00-9:30 ADVANCED STEP 9:30-10:00 POWERSCULPT 10:00-10:30 YOGA FLOW 4:30-5:15 ZONE STRENGTH	29 9:00-9:30 CHAIR STRETCH 9:30-10:00 CHAIR MUSCLE NO EVENING CLASSES	30 9:00-9:45 ZONE STRENGTH by Justin
1	2	Instructor Color Code: Jeanne , Peggy , Steve , Justin , Kyoko , Isaac				