

GROUP EXERCISE SCHEDULE

SEPTEMBER 2025



SUN	MON	TUE	WED	THU	FRI	SAT
	1 Labor Day CLOSED	2 9am –Yoga-Annette 10am Circuit-Sierra 10am Water Arthritis-Annette 11am Water Aerobics-Sierra 5:30pm Zumba-Cynthia	3 6:10am Cycle-Beth 10am Zumba Toning-Lisa 11am Water Aerobics-Dot 12pm Circuit to the Beat– Sierra 5:15pm Pound-Sandra	4 9am Yoga-Annette 10:15am Zumba Toning-Amanda 11am Water Aerobics –Sierra 1pm Silver Sneakers –Debbie 5:15pm Cycle Marcia	5 6:10am Cycle –Beth 9am Total Body Blitz– Jeff 10:15 Chair Yoga– Annette 11am Aqua Zumba-Lisa 12pm Zumba– Amanda	6 10am Zumba– Cynthia
7	8 6:10 Cycle—Beth 9am Arthritis Debbie 10am Tabata– Sierra 11am-Mat Pilates-Annette 11am Water Aerobics-Valerie 12pm Zumba -Lisa 5:15pm Circuit training—Sierra	9 9am –Yoga-Annette 10am Circuit-Sierra 10am Water Arthritis-Annette 11am Water Aerobics-Sierra 5:30pm Zumba-Cynthia	10 6:10am Cycle-Beth 10am Zumba Toning-Lisa 11am Water Aerobics-Dot 12pm Circuit to the Beat– Sierra 5:15pm Pound-Sandra	11 9am Yoga-Annette 10:15am Zumba Toning-Amanda 11am Water Aerobics –Sierra 1pm Silver Sneakers –Debbie 5:15pm Cycle Marcia	12 6:10am No Cycle 9am Total Body Blitz-Jeff 10:15 Chair Yoga– Annette 11am Aqua Zumba-Lisa 12pm Zumba– Amanda	13 10am Zumba- Cynthia
14	15 6:10 Cycle—Beth 9am Arthritis Debbie 10am Tabata– Sierra 11am Mat Pilates-Annette 11am Water Aerobics-Valerie 12pm Zumba Chair-Lisa 5:15pm Circuit Training—Sierra	16 9am-Yoga-Annette 10am Circuit-Sierra 10am Water Arthritis-Annette 11am Water Aerobics–Sierra 5:30pm Zumba-Cynthia	17 6:10 am Cycle-Beth 10am Zumba Toning-Lisa 11am Water Aerobics-Dot 12pm Circuit to the Beat– Sierra 5:15pm Pound-Sandra	18 9am Yoga-Annette 10:15am Zumba Toning-Amanda 11am Water Aerobics –Sierra 1pm Silver Sneakers –Debbie 5:15pm Cycle-Marcia	19 6:10am Cycle– Beth 9am Total Body Blitz-Jeff 10:15 Chair Yoga– Annette 11am-Aqua Zumba-Lisa 12pm Zumba– Amanda	20 10am Zumba-Cynthia
21	22 6:10 Cycle—Beth 9am Arthritis Debbie 10am Tabata-Sierra 11am-Mat Pilates-Annette 11am Water Aerobics –Valerie 12pm Zumba-Lisa 5:15pm Circuit Training-Sierra	23 9am –Yoga-Annette 10am Circuit-Sierra 10am Water Arthritis-Annette 11am Water Aerobics-Sierra 5:30pm Zumba-Cynthia	24 6:10am Cycle-Beth 10am Zumba Toning-Lisa 11am Water Aerobics-Dot 12pm Circuit to the Beat– Sierra 5:15pm Pound-Sandra	25 9am Yoga-Annette 10:15am Zumba Toning-Amanda 11am Water Aerobics –Serra 1pm Silver Sneakers –Debbie 5:15pm Cycle-Marcia	26 6:10am Cycle– Beth 9am Total Body Blitz-Jeff 10:15 Chair Yoga– Annette 11am-Aqua Zumba-Lisa 12pm Zumba– Amanda	27 10am Zumba-Cynthia
28	29 6:10 Cycle—Beth 9am Arthritis Debbie 10am Tabata-Sierra 11am Mat Pilates-Annette 11am Water Aerobics –Valerie 12pm Zumba Chair -Lisa 5:15pm Circuit Training-Sierra	30 9am –Yoga-Annette 10am Circuit-Sierra 10am Water Arthritis-Annette 11am Water Aerobics-Sierra 5:30pm Zumba-Cynthia				