

SEPTEMBER GROUP FITNESS SCHEDULE OF CLASSES

MONDAY

AQUA FIT: DEEP
8:30-9:30 AM
Level 2

TOTAL FITNESS
8:30-9:30 AM
Level 3

WATER WALKING
10:00-11:00 AM
Levels 1-3

SIT FIT
10:00-10:45 AM
Levels 1-2

BETTER BALANCE
11:00-11:45 AM
Levels 1-3

TAP DANCING
2:00-3:00 PM
Levels 2-3

TUESDAY

AQUA FIT: SHALLOW
8:30-9:30 AM
Level 2

TAI CHI
8:30-9:30 AM
Levels 1-3

BODY MOVES
9:45-10:15 AM
Level 1

AQUA STRETCH & STRENGTHEN
10:00-11:00 AM
Levels 1-3

DANCE FOR LIFE
10:30-11:30 AM
Levels 2-3

WEDNESDAY

AQUA FIT: DEEP
8:30-9:30 AM
Level 2

TOTAL FITNESS
8:30-9:30 AM
Level 3

WATER WALKING
10:00-11:00 AM
Levels 1-3

SIT FIT
10:00-10:45 AM
Levels 1-2

YOGA
11:00 -12:00 PM
Levels 1-3

TAP DANCING
2:00-3:00 PM
Levels 2-3

THURSDAY

AQUA FIT: SHALLOW
8:30-9:30 AM
Level 2

TAI CHI
8:30-9:30 AM
Levels 1-3

BODY MOVES
9:45-10:15 AM
Level 1

AQUA STRETCH & STRENGTHEN
10:00-11:00 AM
Levels 1-3

DANCE FOR LIFE
10:30-11:30 AM
Levels 2-3

FRIDAY

AQUA FIT: DEEP
8:30-9:30 AM
Level 2

TOTAL FITNESS
8:30-9:30 AM
Level 3

WATER WALKING
10:00-11:00 AM
Levels 1-3

SIT FIT
10:00-10:45 AM
Levels 1-2

BETTER BALANCE
11:00-11:45 AM
Levels 1-3

SATURDAY

SIT FIT +
9:45-10:45 AM
Level 2

YOGA
11:00 -12:00 PM
Levels 1-3

CANCELATIONS:
NO TAI CHI ON SEPTEMBER 12TH
NO SIT FIT+ THE LAST SATURDAY OF THE MONTH

Exercise is a celebration of what your body can do!!!