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FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

*Exercise not only
changes your body,
it changes your
mind, your attitude
and your mood.*

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September Weekend Fitness 2022

SATURDAYS – Studio Y

<u>DATE</u>	<u>8:00AM</u>	<u>9:00AM</u>
September 3	Dance Fitness - Danielle	Group Power® - Amanda
September 10	POUND® - Kelsey	Group Power® - Amanda
September 17	RIPPED® - Doni	Dance Fitness - Jen
September 24	Group Power® - Amanda	NO CLASS

SATURDAY CYCLING – Cycling Studio

<u>DATE</u>	<u>6:15 AM</u>
September 3	Mary
September 10	Cindy
September 17	Ann
September 24	Mary

