



# September 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
2 <b>NO CLASS HAPPY LABOR DAY</b>	3 8:15a Circuit Training 9:30a Silver Sneakers 5:30p AMPD Fusion	4 5:00a H.I.I.T. 8:15a Muscle Works 5:15p Yoga	5 5:15a Cycling 8:15a DanceFit 9:30a Silver Sneakers 5:30p Tabata	6 8:15a Yoga	7 7:00a H.I.I.T. 7:30a Waisted 8:15a POUND w/ Heather C
9 5:00a H.I.I.T. 8:15a Yoga 4:30p DanceFit 5:30p POUND	10 8:15a Circuit Training 9:30a Silver Sneakers 5:30p AMPD Fusion	11 5:00a H.I.I.T. 8:15a Muscle Works 5:15p Yoga	12 5:15a Cycling 8:15a DanceFit 9:30a Silver Sneakers 5:30p Strong Nation	13 8:15a Yoga	14 7:00a H.I.I.T. 7:30a Waisted 8:15a POUND w/ Erin
16 5:00a H.I.I.T. 8:15a Yoga 4:30p DanceFit 5:30p POUND	17 8:15a Circuit Training 9:30a Silver Sneakers 5:30p AMPD Fusion	18 5:00a H.I.I.T. 8:15a Muscle Works 5:15p Yoga	19 5:15a Cycling 8:15a DanceFit 9:30a Silver Sneakers 5:30p Strong Nation	20 8:15a Yoga	21 7:00a H.I.I.T. 7:30a Waisted 8:15a Yoga w/ Jennifer
23 5:00a H.I.I.T. 8:15a Yoga 4:30p DanceFit 5:30p Yoga w/ Jennifer	24 8:15a Circuit Training 9:30a Silver Sneakers 5:30p AMPD Fusion	25 5:00a H.I.I.T. 8:15a Muscle Works 5:15p Yoga	26 5:15a Cycling 8:15a DanceFit 9:30a Silver Sneakers 5:30p Tabata	27 8:15a Yoga	28 7:00a H.I.I.T. 7:30a Waisted 8:15a Tabata
30 5:00a H.I.I.T. 8:15a Yoga 4:30p DaceFit 5:30p POUND					

**Plus Membership:** Access to Gym, Sauna and **Unlimited** GX Classes with a 1-Year Contract. Price: \$35.95/Month plus tax.

**Group Exercise Membership: Unlimited** Group Exercise Classes with a 1-Year Contract. Price: \$29.95/Month plus tax.

**Group Exercise Punch Card or Drop In:** Go to ANY Regular GX Class with our 10-Class Punch Card. Price: \$55 or Drop in for \$6.50.

**Cycling Class:** Pre registration Required - Class registration will open each Saturday for the following week's classes.