

Group Fitness Class Schedule

MON	TUE	WED	THU	FRI	SAT
				1	2
4  Lunch Crunch 12:15 - 12:45 PM  Zumba 5:30 - 6:30 PM	5  BOOM MIND 10 - 10:45 am	6  Lunch Crunch 12:15 - 12:45 PM  Zumba 5:30 - 6:30 PM	7  BOOM MIND 10 - 10:45 am	8  Lunch Crunch 12:15 - 12:45 PM	9  Sound Healing 9 - 10 AM
11  Lunch Crunch 12:15 - 12:45 PM  Zumba 5:30 - 6:30 PM	12  BOOM MIND 10 - 10:45 am	13  Lunch Crunch 12:15 - 12:45 PM  Zumba 5:30 - 6:30 PM	14  BOOM MIND 10 - 10:45 am	15  Lunch Crunch 12:15 - 12:45 PM	16
18  Lunch Crunch 12:15 - 12:45 PM  Zumba 5:30 - 6:30 PM	19  BOOM MIND 10 - 10:45 am	20  Lunch Crunch 12:15 - 12:45 PM  Zumba 5:30 - 6:30 PM	21  BOOM MIND 10 - 10:45 am	22  Lunch Crunch 12:15 - 12:45 PM	23
25  Lunch Crunch 12:15 - 12:45 PM  Zumba 5:30 - 6:30 PM	26  BOOM MIND 10 - 10:45 am	27  Lunch Crunch 12:15 - 12:45 PM  Zumba 5:30 - 6:30 PM	28  BOOM MIND 10 - 10:45 am	29  Lunch Crunch 12:15 - 12:45 PM	30

 **Zumba**
Latin Inspired
Dance Fitness

 **Lunch Crunch**
Full-Body
Circuit Tning

 **BOOM MIND**
Yoga & Pilates Fusion
Focusing on Mind/Body

 **Special Class**
Each month we will
have special one-time
class offerings to
members

September 2023