

September 2014

FITNESS, DANCE, AND EXERCISE SCHEDULE (SUBJECT TO CHANGE WITHOUT NOTICE)

ROSH HASHANAH BEGINS AT SUNDOWN - SEPTEMBER 24

September 2014						
Su	Mo	Tu	We	Th	Fr	Sa
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

October 2014						
Su	Mo	Tu	We	Th	Fr	Sa
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

	Monday	Tuesday	Wednesday	Thursday	Friday
Sep 1 - 5	Sep 1 Center Closed Labor Day	2	3 9:00am Pump it Up w/Maria 10:30am Feeling Great Video 1:00pm Total Body Solution w/Suzanne	4 9:00am Yoga w/ Maria 10:30am Tai Chi Chih w/Dan 12:00pm Zumba Gold w/Patty	5 9:00am Pump it Up w/Patty 10:30am Shaping Up - Sitting Down w/Lisa 1:00pm Total Body Solution Beg. w/Suzanne
	8 9:00am Pump it Up w/Patty 10:30am Shaping Up - Sitting Down w/Lisa	9 9:00am Tai Chi Chih w/Dan 11:00am Yoga Stretch w/Lisa 1:00pm Zumba Gold w/Patty	10 9:00am Pump it Up w/Maria 10:30am Feeling Great Video 1:00pm Total Body Solution w/Suzanne	11 9:00am Yoga w/ Maria 10:30am Tai Chi Chih w/Dan 12:00pm Zumba Gold w/Patty	12 9:00am Pump it Up w/Patty 10:30am Shaping Up - Sitting Down w/Lisa 1:00pm Total Body Solution Beg. w/Suzanne
Sep 8 - 12	15 9:00am Pump it Up w/Patty 10:30am Shaping Up - Sitting Down w/Lisa	16 9:00am Tai Chi Chih w/Dan 11:00am Yoga Stretch w/Lisa 1:00pm Zumba Gold w/Patty	17 9:00am Pump it Up w/Maria 10:30am Feeling Great Video 11:00am "Island Laua Birthday Party" (reservations required) 1:00pm Total Body Solution w/Suzanne	18 9:00am Yoga w/ Maria 10:30am Tai Chi Chih w/Dan 12:00pm Zumba Gold w/Patty	19 9:00am Pump it Up w/Patty 10:30am Shaping Up - Sitting Down w/Lisa 1:00pm Total Body Solution Beg. w/Suzanne
	22 9:00am Pump it Up w/Patty 10:30am Shaping Up - Sitting Down w/Lisa	23 9:00am Tai Chi Chih w/Dan 11:00am Yoga Stretch w/Lisa 1:00pm Zumba Gold w/Patty	24 Rosh Hashanah begins at sundown 9:00am Pump it Up w/Maria 10:30am Feeling Great Video 1:00pm Total Body Solution w/Suzanne	25 Rosh Hashanah 9:00am Yoga w/ Maria 10:30am Tai Chi Chih w/Dan 12:00pm Zumba Gold w/Patty	26 9:00am Pump it Up w/Patty 10:30am Shaping Up - Sitting Down w/Lisa 1:00pm Total Body Solution Beg. w/Suzanne
Sep 15 - 19	29 9:00am Pump it Up w/Patty 10:30am Shaping Up - Sitting Down w/Lisa	30 9:00am Tai Chi Chih w/Dan 11:00am Yoga Stretch w/Lisa 1:00pm Zumba Gold w/Patty	Oct 1	2	3
Sep 22 - 26					
Sep 29 - Oct 3					