

# FREE FITNESS CLASS WEEK SEPTEMBER 3-8

## (NO classes September 4)

### Aerobics:

Day	Class	Time	Room Location	Instructor
Tuesday	Zumba	6:10pm	Flanagan	Sonia
Wednesday	Zumba	12:10pm	Flanagan	Sonia
Friday	Zumba	1:10pm	Flanagan	Sonia

### Sculpt & X-Training:

T / TH	Total Body	12:10pm	Flanagan	Karen
T / TH	Boot Camp	5:10pm	Flanagan	Kayla
Wednesday	Power Hour	6:55am	Flanagan	Donna
Wednesday	Boot Camp	5:30pm	Flanagan	Kayla
Friday	Tae Kwon Do	11:00am	Arch Lower	John/Tim

### Mind/Body:

Sunday	Yoga	5:00pm	Flanagan	Linda
T / TH	Yoga	5:00pm	Ernie Davis	Bri
Wednesday	Yoga	11:00am	Flanagan	Alex
Wednesday	Yoga'lates	12:10pm	Flanagan	Linda
Thursday	Yoga	6:05pm	Flanagan	Alex
Friday	Mat Pilates	9:00am	Flanagan	Madi

### Cycle:

T / TH	Cycle 50	6:55am	Cycle Room	Donna
T / TH	Cycle 50	4:00pm	Cycle Room	Nora
T / TH	Cycle 50	5:10pm	Cycle Room	Sara
Tuesday	Cycle 50	6:10pm	Cycle Room	Janice
Wednesday	Cycle 50	12:10pm	Cycle Room	Michelle