



September 2010 Group Fitness Class Schedule

SUND	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			<p>1</p> <p>8:30-9:30am-Yoga 9:35-10:35am-Zumba</p> <p>4:30-5:30pm-Total Body 5:35-6:35pm-Zumba</p>	<p>2</p> <p>8:30-9:30am Cardio Kick-box 9:35-10:35 am-Zumba</p> <p>5:35-6:30pm-Step & Core 6:35-7:35pm-Zumba "Toning"</p>	<p>3</p> <p>8:30-9:30am-Total Body 9:35-10:35am-Zumba</p> <p>5:30-6:30pm-Zumba 6:35-7:05pm-Ab Blast</p>	<p>4</p> <p>9:00-10:00am Zumba "Toning" 10:05-11:05am-Step&Core</p>
5	<p>6</p> <p>8:30-9:30am-Total Body 9:35-10:35am-Zumba</p> <p>5:30-6:30pm-Total Body 6:35-7:35pm-Zumba</p>	<p>7</p> <p>8:30-9:30am-Step & Core 9:35-10:35-Zumba</p> <p>4:30-5:30pm-Yoga 5:30-6:30pm-Cardio Kick-box 6:35-7:05pm Ab Blast</p>	<p>8</p> <p>8:30-9:30am-Yoga 9:35-10:35am-Zumba</p> <p>4:30-5:30pm-Total Body 5:35-6:35pm-Zumba</p>	<p>9</p> <p>8:30-9:30am Cardio Kick-box 9:35-10:35 am- Zumba</p> <p>5:30-6:30pm-Step & Core 6:35-7:35pm-Zumba "Toning"</p>	<p>10</p> <p>8:30-9:30am-Total Body 9:35-10:35am-Zumba</p> <p>5:30-6:30pm-Zumba 6:35-7:05pm-Ab Blast</p>	<p>11</p> <p>9:00-10:00am-Zumba "Toning" 10:05-11:05-Step&Core</p>
12	<p>13</p> <p>8:30-9:30am-Total Body 9:35-10:35am-Zumba</p> <p>5:30-6:30pm-Total Body 6:35-7:35pm-Zumba</p>	<p>14</p> <p>8:30-9:30am-Step & Core 9:35-10:35- Zumba</p> <p>4:30-5:30pm-Yoga 5:30-6:30pm-Cardio Kick-box 6:35-7:05pm Ab Blast</p>	<p>15</p> <p>8:30-9:30am-Yoga 9:35-10:35am-Zumba</p> <p>4:30-5:30pm-Total Body 5:35-6:35pm-Zumba</p>	<p>16</p> <p>8:30-9:30am Cardio Kick-box 10:35-11:35 am- Zumba</p> <p>5:30-6:30pm-Step & Core 6:35-7:35pm-Zumba "Toning"</p>	<p>17</p> <p>8:30-9:30am-Total Body 9:35-10:35am-Zumba</p> <p>5:30-6:30pm-Zumba 6:35-7:05pm-Ab Blast</p>	<p>18</p> <p>9:00-10:00am-Zumba "Toning" 10:05-11:05-Step&Core</p>
19	<p>20</p> <p>8:30-9:30am-Total Body 9:35-10:35am-Zumba</p> <p>5:30-6:30pm-Total Body 6:35-7:35pm-Zumba</p>	<p>21</p> <p>8:30-9:30am-Step & Core 9:35-10:35- Zumba</p> <p>4:30-5:30pm-Yoga 5:30-6:30pm-Cardio Kick-box 6:35-7:05pm Ab Blast</p>	<p>22</p> <p>8:30-9:30am-Yoga 9:35-10:35am-Zumba</p> <p>4:30-5:30pm-Total Body 5:35-6:35pm-Zumba</p>	<p>23</p> <p>8:30-9:30am Cardio Kick-box 9:35-10:35 am- Zumba</p> <p>5:30-6:30pm-Step & Core 6:35-7:35pm-Zumba "Toning"</p>	<p>24</p> <p>8:30-9:30am-Total Body 9:35-10:35am-Zumba</p> <p>5:30-6:30pm-Zumba 6:35-7:05pm-Ab Blast</p>	<p>25</p> <p>9:00-10:00am-Zumba "Toning" 10:05-11:05-Step&Core</p>
26	<p>27</p> <p>8:30-9:30am-Total Body 9:35-10:35am-Zumba</p> <p>5:30-6:30pm-Total Body 6:35-7:35pm-Zumba</p>	<p>28</p> <p>8:30-9:30am-Step & Core 9:35-10:35- Zumba</p> <p>4:30-5:30pm-Yoga 5:30-6:30pm-Cardio Kick-box 6:35-7:05pm Ab Blast</p>	<p>29</p> <p>8:30-9:30am-Yoga 9:35-10:35am-Zumba</p> <p>4:30-5:30pm-Total Body 5:35-6:35pm-Zumba</p>	<p>30</p> <p>8:30-9:30am Cardio Kick-box 9:35-10:35 am- Zumba</p> <p>5:30-6:30pm-Step & Core 6:35-7:35pm-Zumba "Toning"</p>	<p><i>What's Happening This Month at Anytime Fitness!</i></p> <ul style="list-style-type: none"> ❖ New Classes! ❖ New earlier times! <p><i>Zumba "Toning"-it's Zumba with weights! Yoga- stretch and tone your muscles gently and relax!</i></p>	

**All classes subject to change due to low attendance and/or instructor availability!*