



September Group Exercise Schedule

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 9am Pilates Geralynn-Studio	2	3 9am Yoga* Wendi-Studio	4 
5 	6 9am Pilates Geralynn-Studio	7 9am Tone & Tighten Lisa - studio	8 9am Pilates Geralynn-Studio	9	10 9am Yoga* Wendi-Studio	11
12	13 9am Pilates Geralynn-Studio	14 9am Tone & Tighten Lisa - studio	15 8am Yoga Robin-Studio	16	17 9am Yoga* Wendi-Studio	18
19	20 9am Pilates Geralynn-Studio	21 9am Tone & Tighten Lisa - studio	22 8am Yoga Robin-Studio	23	24 9am Yoga* Wendi-Studio	25 
26	27 9am Pilates Geralynn-Studio	28 9am Tone & Tighten Lisa - studio	29 8am Yoga Robin-Studio	30	<i>Classes are 60 minutes *Friday Yoga is a 90 minute class</i>	