


SEPTEMBER WEEKEND SCHEDULE

Saturday	5	12	19	26
GROUP EX				
8:30-9:15  LESMILLS BODYPUMP	Heather	Pam	Nancy W.	Melissa
9:30-10:00 LESMILLS CXWORX	Heather	Pam	Nancy W.	Lacey
11:15-12:00 <i>Sr Cardio Dance</i>	Teresa	Teresa	Teresa	Teresa
8:30-9:15 SPIN	Angie	Lee	Lee	Lacey
9:30-10:15 AQUA Rotation	DWR Rob	DWR Amy	DWR Amy	Aqua Fit Julia
9:30-10:15 OUTDOOR CLASS THIS MONTH ONLY!	<u>NO OUTDOOR CLASS</u>	Yoga Jennifer	<i>Barre-less Barre</i> Rebecca	Yoga Jennifer
Sunday	6	13	20	27
1:30-2:15 Step Express	Mechelle	Mechelle	Mechelle	Mechelle
2:00 Deep Water Running	Jennifer	Jennifer	Jennifer	Jennifer
2:30-3:15  LESMILLS BODYPUMP	Pam	Heather	Heather	Heather
3:30-4:15 Yoga	Jennifer	Jennifer	Jennifer	Jennifer