

September/October 2016

FOR ALL OUR DANCE MOMS: FITNESS SPECIAL IS \$20/MONTH UNLIMITED CIRCUITS AND \$40/MONTH UNLIMITED CLASSES AND CIRCUITS!! TAKE ADVANTAGE!!! FRIDAYS ARE WEATHER PERMITTING! WE WILL ALWAYS MEET AT STUDIO! 15-10-5 WILL BE A 30-MINUTE CLASS OF RESISTANCE ONLY. YOPI WILL BE A BLEND OF YOGA AND PILATES. PIYO WILL BE SIMILAR W/ADDED DEEP STRETCH.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
SEPTEMBER 11	12 6:00P GET FIT W/AMY	13 8:30A TRX + W/DOLLY 5:30P 15-10-5 W/DOLLY 6:00P CLUB CARDIO W/DEB + VICKI	14 6:00P MID-WEEK MASH-UP W/AMY	15 8:30A CLUB CARDIO W/DEB 5:30P 30-MINUTE YOPI W/AUDRA	16 8:30A PIYO IN THE PARK W/DOLLY	17 8:30 CARDIO + TRX W/JILL
18	19 6:00P GET FIT W/AMY	20 8:30A TRX + W/DOLLY 5:30P 15-10-5 W/MIRANDA 6:00P CLUB/CARDIO W/DEB + VICKI	21 6:00P INSTRUCTOR'S CHOICE W/DOLLY + DEB	22 8:30A CLUB CARDIO W/DEB 5:30P 30-MINUTE YOPI W/AUDRA	23 8:30A STEP + WEIGHTS W/DOLLY	24 8:30A BARRE + WEIGHTS W/MIRANDA
25	26 6:00P GET FIT W/AMY	27 8:30A TRX + W/DOLLY 5:30P 15-10-5 W/DOLLY 6:00P CLUB CARDIO W/DEB + VICKI	28 6:00P MID-WEEK MASH-UP W/AMY	29 8:30A CLUB CARDIO W/DEB 5:30P 30-MINUTE YOPI W/AUDRA	30 8:30A PIYO IN THE PARK W/DOLLY	OCTOBER 1 8:30A STEP + TRX W/DOLLY
2	3 6:00P GET FIT W/AMY	4 8:30A TRX + W/DOLLY 5:30P 15-10-5 W/MIRANDA 6:00P CLUB CARDIO W/DEB + VICKI	5 6:00P MID-WEEK MASH-UP W/AMY	6 8:30A CLUB CARDIO W/DEB 5:30P 30-MINUTE YOPI W/AUDRA	7 8:30A PIYO IN THE PARK W/DOLLY	8 8:30A CARDIO DRUMS + DEEP STRETCH W/DOLLY
9	10 6:00P GET FIT W/AMY	11 8:30A TRX + W/DOLLY 5:30P 15-10-5 W/DOLLY 6:00P CLUB CARDIO W/DEB + VICKI	12 6:00P MID-WEEK MASH-UP W/AMY	13 8:30A CLUB CARDIO W/DEB 5:30P 30-MINUTE YOPI W/AUDRA	14 8:30A STEP + WEIGHTS W/DOLLY	15 TBA
16	17 6:00P GET FIT W/AMY	18 8:30A WAKE-UP W/DEB 5:30P 15-10-5 W/MIRANDA 6:00P CLUB CARDIO W/DEB + VICKI	19 6:00P MID-WEEK MASH-UP W/AMY	20 8:30A CLUB CARDIO W/DEB 5:30P 30-MINUTE YOPI W/AUDRA	21 NO CLASS THIS MORNING!	22 TBA

