



## SEPTEMBER 2014

*Back to school means back to fitness!*

### MONDAY

**8:30 AM**

Tabata Interval  
∞Donna∞

### TUESDAY\*

**8:30 AM**

Piloxing  
∞Dawn∞

### WEDNESDAY

**8:30 AM**

Total Body  
Conditioning  
∞Donna∞

### THURSDAY

**8:30 AM**

Afterburn  
∞Dyanne∞

### FRIDAY

**8:30 AM**

Total Body  
Conditioning  
∞Dawn∞

### SATURDAY

**8:30AM**

Pilates  
∞Dawn∞

**9:30 AM**

Total Body  
Conditioning  
∞Donna∞

**9:30 AM**

Pilates/Barre  
Combo  
∞Dawn∞

**9:30 AM**

Beach Body Interval  
(45 minute class)  
∞Dawn∞

**9:30 AM**

Redefine  
(45 minute class)  
∞Dyanne∞

**9:30 AM**

Cardio Jam  
∞Dawn∞

#### KEY

Weights

Cardio

Pilates

#### NEW CLASS FOR SEPTEMBER:

#### TABATA INTERVAL WITH DONNA

Monday at 8:30

**\* Every Tuesday is "Bring a Friend for FREE!"**

**Babysitting: Mon-Wed 8:30-10:30 Thurs & Friday 8:30-9:30 only**