



September 2022 Fitness Schedule-- New Classes Starting!

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Closed Labor Day 9/5/22 Have a great Holiday! *Maggies Classes start 9/13/22

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Aquacise#1 8:30-9:30	Morning Sweat * (Starts 9/13/22)	Aquacise#1 8:30-9:30	Morning Sweat * (Starts 9/13/22)	Aquacise#1 8:30-9:30	Open 8-4
Aquacise#2 9:30-10:30	6:15 - 7:00 Maggie	Aquacise#2 9:30-10:30	6:15 - 7:00 Maggie	Aquacise#2 9:30-10:30	Fitness Bootcamp (Starts 9/17/22)
Alaska Powerful 9:30-10:30 Rafael		Alaska Powerful 9:30-10:30 Rafael		Alaska Powerful 9:30-10:30 Rafael	9:00- 10:30am Alternating Instructors
Aquacise#3 10:30-11:30		Aquacise#3 10:30-11:30	Vinyasa Flow Yoga * (Starts 9/13/22)	Aquacise#3 10:30-11:30	
Strength & Spin 4:30 - 5:45pm Katie	Restorative 'Polarfleece' Yoga 4:30-6:00pm Joolee	Strength & Spin 4:30 - 5:45pm Katie			Closed
Aqua Fit & Fun 6:00-7:00pm		Aqua Fit & Fun 6:00-7:00pm	Healthy Back 6:00-7:00pm Josh		Sundays
			Adult Climbing 6:00-8:00pm		