



September

Group Fitness Calendar

2018

\$2 per class for all Civic Center Members, \$5 per class for Non Members.
Class Cards are for Members only, \$30 for 20 visits.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 8:30a Boot Camp - Lori
2	3 Closed for Labor Day	4 10:30a Seniors-Trish 5:30p Yoga – Maggie 6:30p Tabata-Maggie	5 6:15a Spin – Tom **Free AM Spin Class** 5:30p Yoga – Maggie 6:30p Spin - Maggie	6 10:30a Seniors – Trish 5:30p Dance Fitness – with Sharon 6:30p Yoga - Tom	7	8 8:30a Boot Camp - Lori
9	10 5:30p Dance Fitness – with Sharon	11 10:30a Seniors-Trish 5:30p Yoga – Maggie 6:30p Tabata-Maggie	12 6:15a Spin – Tom 5:30p Yoga – Maggie 6:30p Spin - Maggie	13 10:30a Seniors – Trish 5:30p Dance Fitness – with Sharon 6:30p Yoga - Tom	14	15 8:30a Boot Camp - Lori
16	17 5:30p Dance Fitness – with Sharon	18 10:30a Seniors-Trish 5:30p Yoga – Maggie 6:30p Tabata-Maggie	19 6:15a Spin – Tom 5:30p Yoga – Maggie 6:30p Spin - Maggie	20 10:30a Seniors – Trish 5:30p Dance Fitness – with Sharon 6:30p Yoga - Tom	21	22 No Boot Camp
23	24 5:30p Dance Fitness – with Sharon	25 10:30a Seniors-Trish 5:30p Yoga – Maggie 6:30p Tabata-Maggie	26 6:15a Spin – Tom 5:30p Yoga – Maggie 6:30p Spin - Maggie	27 10:30a Seniors – Trish 5:30p Dance Fitness – with Sharon 6:30p Yoga - Tom	28	29 No Boot Camp
30						

News & Updates:

- Effective 9/4/18 if you are a SilverSneakers Member, you can use that Membership to take the Senior Fitness Class for FREE.
- Wednesday 9/5 - Spin class is FREE at 6:15am
- Saturday 9/22 & 9/29 – No Boot Camp

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