

September 2017

FITNESS, DANCE AND EXERCISE SCHEDULE

(SUBJECT TO CHANGE WITHOUT NOTICE)

September 2017						
Su	Mo	Tu	We	Th	Fr	Sa
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

October 2017						
Su	Mo	Tu	We	Th	Fr	Sa
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

	Monday	Tuesday	Wednesday	Thursday	Friday
Aug 28 - Sep 1	Aug 28	29	30	31	Sep 1
		LABOR DAY - SEPTEMBER 4 GRANDPARENT'S DAY - SEPTEMBER 10 ROSH HASHANAH - BEGINS SUNDOWN SEPTEMBER 20			9:00am Pump it Up w/ Suzanne 10:30am Shaping Up - Sitting Down w/Suzanne 1:00pm Total Body Solution w/Suzanne
Sep 4 - 8	4	5	6	7	8
	Labor Day Senior Center and Municipal Offices Closed	11:00am Yoga Stretch w/Lisa 1:00pm Zumba Gold w/Suzanne	9:00am Pump it Up w/Maria 10:30am Feeling Great Video 1:00pm Total Body Solution w/Suzanne	9:00am Yoga w/ Maria 10:30am Tai Chi Chih w/Dan	9:00am Pump it Up w/ Suzanne 10:30am Shaping Up - Sitting Down w/Suzanne 1:00pm Total Body Solution w/Suzanne
Sep 11 - 15	11	12	13	14	15
	9:00am Pump it Up w/Suzanne 10:30am Shaping Up - Sitting Down w/Suzanne	9:00am Tai Chi Chih w/Dan 11:00am Yoga Stretch w/Lisa 1:00pm Zumba Gold w/Suzanne	9:00am Pump it Up w/Maria 10:30am Feeling Great Video 1:00pm Total Body Solution w/Suzanne	9:00am Yoga w/ Maria 10:30am Tai Chi Chih w/Dan	9:00am Pump it Up w/ Suzanne 10:30am Shaping Up - Sitting Down w/Suzanne 1:00pm Total Body Solution w/Suzanne
Sep 18 - 22	18	19	20	21	22
	9:00am Pump it Up w/Suzanne 10:30am Shaping Up - Sitting Down w/Suzanne	9:00am Tai Chi Chih w/Dan 11:00am Yoga Stretch w/Lisa 1:00pm Zumba Gold w/Suzanne	Rosh Hashanah begins at sundown 9:00am Pump it Up w/Maria 10:30am Feeling Great Video 1:00pm Total Body Solution w/Suzanne	9:00am Yoga w/ Maria 10:30am Tai Chi Chih w/Dan	9:00am Pump it Up w/ Suzanne 10:30am Shaping Up - Sitting Down w/Suzanne 1:00pm Total Body Solution w/Suzanne
Sep 25 - 29	25	26	27	28	29
	9:00am Pump it Up w/Suzanne 10:30am Shaping Up - Sitting Down w/Suzanne	9:00am Tai Chi Chih w/Dan 11:00am Yoga Stretch w/Lisa 1:00pm Zumba Gold w/Suzanne	9:00am Pump it Up w/Maria 10:30am Feeling Great Video 1:00pm Total Body Solution w/Suzanne	9:00am Yoga w/ Maria 10:30am Tai Chi Chih w/Dan	9:00am Pump it Up w/ Suzanne 10:30am Shaping Up - Sitting Down w/Suzanne 1:00pm Total Body Solution w/Suzanne