
















SEPTEMBER 2022 - Group Fitness Class Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9:00am: SILVER SNEAKERS with Millie	5:30am: SPIN with Keith 	10:00am: AQUA with Mary 	5:30am: SPIN with Keith 	9:00am: AQUA with Janet 	8:00am: SPIN with Keith 	8:30am: SPIN with Connie 
9:30am: E Z Ride with Connie 	9:15 am: BODY SCULPT with Theresa	10:00am: TRADITIONAL YOGA with Jayati	9:00am: BODY SCULPT with Theresa	9:15am: PILATES MAT with Stephanie	9:00am: HATHA YOGA with Latoya	10:00am: ZUMBA with Tashi
10:00am: ZUMBA with Ruby	10:00am: AQUA with Janet 	11:00am: ZUMBA with Ruby	10:00am: Guts & Butts with Theresa-30min		10:15am: CARDIO BARRE FIT with Theresa - 45 min	9:00am: AQUA with Renee 
10:00am: AQUA with Mary 	10:15am: YOGA STRETCH with Theresa - 30 min	5:00pm: KICKBOXING with Renee	10:30am: Dance Fitness w/Millie	11:00am: AQUA with Janet 		
11:15am: YOGA STRETCH with Sue	11:00am: SENIOR FIT with Sue		5:30pm: Barre Fusion with Terry		11:30am: GET FIT LITE with Terry	5:30pm: FAT BLAST 2.0 with Carla
5:30pm: GET RIPPED HIIT with Carla	5:25pm: 30-Min Abs w/Connie	6:00pm: AQUA with Renee 	12:30am: Chair Yoga with Terry	5:30pm: SPIN with Connie 		
6:00pm: Vinyasa Yoga Flow with Carolina			6:00pm: SPIN with Connie 		6:30pm: YOGA (all levels) with Terry	6:30pm: ZUMBA with Carla
6:30pm: STEP IT UP with Carla-30 min	6:30pm: ZUMBA with Cathy					
6:30pm: AQUA FITNESS with Meghan 						



Please check the website for the latest class updates.

Schedule subject to change!!

www.xlfitness.org/classes