



September

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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2	3 No Classes! Happy Labor Day!	4 8:30 Yoga –VI 4:30 GROUP WALKING/ MUSCLE TONING-JL 6:30 Mixxedfit—CS	5 8:00 Cardio Core –JF 9:00 S.D.L—KF 10:00 S.D.L – KF 5:30 AB/FAB-MA 6:00 CARDIO SCULPT-MA	6 8:30 Yoga –VI 4:30 GROUP WALKING/ MUSCLE TONING-JL 6:30 Mixxedfit—CS	7 8:00 Cardio Core –JF 9:00 S.D.L—KF 10:00 S.D.L – KF	8
9	10 8:00 Cardio Core –JF 9:00 S.D.L—KF 10:00 S.D.L – KF 5:30 AB/FAB-MA 6:00 CARDIO SCULPT-MA	11 8:30 Yoga –VI 4:30 GROUP WALKING/ MUSCLE TONING-JL 6:30 Mixxedfit—CS	12 8:00 Cardio Core –JF 9:00 S.D.L—KF 10:00 S.D.L – KF 5:30 AB/FAB-MA 6:00 CARDIO SCULPT-MA	13 8:30 Yoga –VI 4:30 GROUP WALKING/ MUSCLE TONING-JL 6:30 Mixxedfit—CS	14 8:00 Cardio Core –JF 9:00 S.D.L—KF 10:00 S.D.L – KF	15
16	17 8:00 Cardio Core –JF 9:00 S.D.L—KF 10:00 S.D.L – KF 5:30 AB/FAB-MA 6:00 CARDIO SCULPT-MA	18 8:30 Yoga –VI 4:30 GROUP WALKING/ MUSCLE TONING-JL 6:30 Mixxedfit—CS	19 8:00 Cardio Core –JF 9:00 S.D.L—KF 10:00 S.D.L – KF 5:30 AB/FAB-MA 6:00 CARDIO SCULPT-MA	20 8:30 Yoga –VI 4:30 GROUP WALKING/ MUSCLE TONING-JL 6:30 Mixxedfit—CS	21 8:00 Cardio Core –JF 9:00 S.D.L—KF 10:00 S.D.L – KF	22
23	24 8:00 Cardio Core –JF 9:00 S.D.L—KF 10:00 S.D.L – KF 5:30 AB/FAB-MA 6:00 CARDIO SCULPT-MA	25 8:30 Yoga –VI 4:30 GROUP WALKING/ MUSCLE TONING-JL 6:30 Mixxedfit—CS	26 8:00 Cardio Core –JF 9:00 S.D.L—KF 10:00 S.D.L – KF 5:30 AB/FAB-MA 6:00 CARDIO SCULPT-MA	27 8:30 Yoga –VI 4:30 GROUP WALKING/ MUSCLE TONING-JL 6:30 Mixxedfit—CS	28 8:00 Cardio Core –JF 9:00 S.D.L—KF 10:00 S.D.L – KF	29
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HOURS OF OPERATION
MONDAY-THURSDAY
 5:00AM-9:00PM
FRIDAY
 5:00AM-7:00PM
SATURDAY
 8:00AM-3:00PM
SUNDAY
 1:30PM-5:00PM

YMCA INSTRUCTORS
 MA- Meka Adams
 JL- Jo Ann Lipscomb
 KF- Kaye Fowler
 BG-Brian Gregory
 VI-Virtual Instructor
 CS—Cassie Smith
 JF- Josh Freeman

CHILD WATCH HOURS
MONDAY-FRIDAY
 8:00AM-11:00AM
MONDAY-THURS
 4:00PM-8:00PM
NO WEEKEND HOURS