

American Fitness Class Schedule • September 2018

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

<p>All classes will be held Labor Day. Have a safe and enjoyable holiday. Welcome Michelle and Matt, our two new instructors on the schedule this month! Michelle is teaching Sunday's R.I.P. class starting 9-9 and Matt is teaching a NEW LOW IMPACT cardio class on Thursdays at 10:05 a.m. NEW CLASS: Morning Yin starts Monday, 9-3 at 8:05 a.m. Look for new classes coming this Fall/Winter.</p>						<p>1</p> <p>8:15-9:15a: SpinPUMP (Heather) 8:35-9:30a: Pump It Up (Maura) 9:35-10:30a: SuperStep (Maura) 10:35-12:00p: YinYoga (Maura)</p>
<p>2</p> <p>1:00 pm-2:00 pm: RIP (Heather) *2:00 pm-3:00 pm: Slow Flow Yoga (DENISE)</p>	<p>3</p> <p>7:05-7:55a: FloorFlo (Maura) *8:05-9:00a: Morning Yin (GUEST) 8:05-9:05a: RIP (Mary) 8:30-9:30a: Spin Pump (Rod) *9:05-10:00a: Chair Yoga (DENISE) 9:10-10:10a: Zumba® (Monica J) *10:15-11:45a: SloYinFiz (DENISE) 5:45-6:45p: Zumba® (Paula S) 6:45-7:15p: Core 30 (Paula S)</p>	<p>4</p> <p>7:10-7:30a: Meditation (Maura) 7:30-9a: Yoga as Medicine (Maura) 8:30-9:30a: Spin Pump (Rod) 9:15-10:15: Extreme Pilates (Dawn) *9:30-10:30a: Line Dancing (Ivy) 10:30-11:30a: CardioPump (Heather) *10:30-11:45a: Power Yoga (Javier) *5:45-6:45p: Restorative (DENISE) 5:45-6:45p: Butts & Guts (Deb C)</p>	<p>5</p> <p>7:05-8:00a: Fit Flow (Maura) 8:00-9:00a: Spin® (Heather) 8:15-9:15a: H.I.C.T. (Monica) *8:30-9:30a: AM Stretch (Kim) 9:30-10:30a: RIP (Mary) *10:30-11:45a: Hot Yoga (Javier) 5:45-6:30p: Step Class (Deb C)</p>	<p>6</p> <p>*7:30-9:00a: Gentle Yoga (Kim) 8:30-9:30a: Spin Pump (Rod) 9:00-10:00a: CardioPump(Mary) *9:30-10:45a: Ashtanga (GUEST) 10:05-11:05a: Low Impact (MATT) *11:15-12:15: Line Dancing (Ivy) *5:45-6:45p: Yin Yoga (DENISE) 5:45-6:45p: Pump It Up (DebC) 6:45-7:15p: Core 30 (DebC)</p>	<p>7</p> <p>7:00-7:50a: Buti® (Lauren J) 8:00-9:00a: Spin (Monica J) 8:05-9:05a: R.I.P. (Mary M) 9:15-10:15a: Zumba® (Monica J) *9:15-10:30a: Ashtanga (GUEST) 10:30-11:30a: Gentle Flow (Wendy)</p>	<p>8</p> <p>8:00-9:15a Spin® (MATT) 8:35-9:30a: Pump It Up (Maura) 9:35-10:30a: SuperStep (Maura) 10:35-12:00p: YinYoga (Maura)</p>
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