

SEPTEMBER 2019

Mon	Tue	Wed	Thu	Fri	
2	3	4	5	6	<p>INSTRUCTORS: (SEE BELOW)</p> <p>Cathy Kumar Registered Yoga Teacher Yoga Alliance/ M.S. in Health & Wellness Promotion</p> <p>Tabby Horvath ACE Certified Group Fitness Instructor /M.S. Human Wellness</p>
<p>LABOR DAY!!</p> <p>GYM IS CLOSED!!</p>	<p>Yoga 9:30a-10:30a Instructor: Tabby</p>	<p>Total Body in Ten (A TEN EXERCISE CIRCUIT HITTING ALL MAJOR MUSCLE GROUPS) 9:30a-10:15a Instructor: Tabby</p>	<p>Yoga 9:30a-10:30a Instructor: Tabby</p> <p>Spunky Seniors Chair Aerobics: 1:00-1:30p Instructor: Tabby</p>	<p>TBC: TOTAL BODY CONDITIONING 9:30a-10:30a Instructor: Tabby</p>	
9	10	11	12	13	
<p>Kickboxing 9:30a-10:30a Instructor: Tabby</p> <p>Yoga 5:30p-7:00p Instructor: Cathy</p>	<p>Yoga 9:30a-10:30a Instructor: Tabby</p>	<p>Total Body in Ten 9:30a-10:15a Instructor: Tabby</p>	<p>Yoga 9:30a-10:30a Instructor: Tabby</p> <p>Spunky Seniors Chair Aerobics: 1:00-1:30p Instructor: Tabby</p>	<p>TBC: TOTAL BODY CONDITIONING 9:30a-10:30a Instructor: Tabby</p>	
16	17	18	19	20	
<p>Kickboxing 9:30a-10:30a Instructor: Tabby</p> <p>Yoga 5:30p-7:00p Instructor: Cathy</p>	<p>Yoga 9:30a-10:30a Instructor: Tabby</p>	<p>Total Body in Ten 9:30a-10:15a Instructor: Tabby</p>	<p>Yoga 9:30a-10:30a Instructor: Tabby</p> <p>Spunky Seniors Chair Aerobics: 1:00-1:30p Instructor: Tabby</p>	<p>TBC: TOTAL BODY CONDITIONING 9:30a-10:30a Instructor: Tabby</p>	
23	24	25	26	27	
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