

**SEPTEMBER, 2023**  
**Fit-Time for Women**  
**GROUP FITNESS SCHEDULE**

		9:00 - 10:00	10:30 - 11:30	12:00 - 1:00	1:15 - 2:15	5:00 - 6:00
<b>MONDAY</b>	<b>Class</b> Instructor	<b>Dance</b> Bayley	<b>Strength Worx</b> Bayley	<b>Chair Yoga</b> Bayley		<b>ZUMBA</b> Angela
<b>TUESDAY</b>	<b>Class</b> Instructor	<b>Morning Mashup</b> Melanie	<b>YOGA</b> Bayley	<b>Strength, Balance &amp; Coordination</b> Barbara	<b>Volleyball</b>	<b>YOGA</b> Rebe
<b>WEDNESDAY</b>	<b>Class</b> Instructor	<b>Full Body Blast</b> Amanda	<b>Yoga for Mobility</b> Jaime	<b>Silver Sneakers</b> Barbara		<b>TABATA</b> Jacquie
<b>THURSDAY</b>	<b>Class</b> Instructor	<b>Dance</b> Bayley	<b>Butts and Guts</b> Bayley	<b>Strength, Balance &amp; Coordination</b> Barbara	<b>Volleyball</b>	<b>ZUMBA</b> Angela
<b>FRIDAY</b>	<b>Class</b> Instructor		<b>Mindful Yoga</b> Amanda	<b>Silver Sneakers</b> Barbara		
<b>SATURDAY</b>	<b>Class</b> Instructor	<b>Warrior Cardio</b> Lisa	<b>YOGA</b> Rebe			