

September 2019 Exercise Classes



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:30AM - TOTAL BODY WORKOUT - EXERCISE ROOM 1015 - MATT	9:30AM - CIRCUIT TRAINING - CURVES GYM MATT	9:30AM - TOTAL BODY WORKOUT - EXERCISE ROOM 1015 - MATT	9:30AM - CIRCUIT TRAINING - CURVES GYM - MATT	9:30AM - TOTAL BODY WORKOUT - EXERCISE ROOM 1015 - MATT
12PM - CHAIROBICS - EXERCISE ROOM 1015 - MATT	12PM - FOREVER YOUNG JOINTS - EXERCISE ROOM 1015 - MATT	10:30AM - BALANCE AND FALL PREVENTION - EXERCISE ROOM 1015 -MATT	12PM - FOREVER YOUNG JOINTS - EXERCISE ROOM 1015 - MATT	10:30AM - BALANCE and FALL PREVENTION - EXERCISE ROOM 1015 - MATT
		12PM - CHAIROBICS - EXERCISE ROOM 1015 - MATT	1:30 - AQUA EXERCISE - POOL - MATT	12PM - CHAIROBICS - EXERCISE ROOM 1015 - MATT
		1:30PM - A STEP AHEAD - BALANCE EXERCISE - EXERCISE ROOM 1015 - DEREK		