Updated 9/16/19

September 2019 Fitness Schedule – Jerry Belk Activity Center

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 ***CLOSED*** ***LABOR DAY***	3 6:15-7:15a Circuit Training- **Christa** 9:30-10:30a Forever Young- **Christa** 5:15-6p Core + Strength & Conditioning 6-6:30p Yoga	4 6:15-7:15a Stretch Fusion- **Christa** 5-5:30p Quick Fit 5:30-6:30p Zumba®	5 6:15-7:15a Circuit Training 9:30-10:30a Forever Young 5:15-6p Core + Strength & Conditioning 6-6:30p Yoga	6	7 10-11a Forever Young
8	9 6:15-7:15a Stretch Fusion 1-1:45p Line Dance – **Holloman** 1:45-3:15p Yang Style TaiChi - **Holloman** 5-5:30p Quick Fit ***5:30-6:30p No Zumba® tonight***	10 6:15-7:15a Circuit Training 9:30-10:30a Forever Young 5:15-6p Core + Strength & Conditioning 6-6:30p Yoga	11 6:15-7:15a Stretch Fusion 5-5:30p Quick Fit 5:30-6:30p Zumba®	12 6:15-7:15a Circuit Training 9:30-10:30a Forever Young 5:15-6p Core + Strength & Conditioning 6-6:30p Yoga	13	14 10-11a Forever Young
15	16 6:15-7:15a Stretch Fusion 1-1:45p Line Dance - Holloman 1:45-3:15p Yang Style TaiChi **- Holloman** 5-5:30p Quick Fit 5:30-6:30p Zumba®	17 6:15-7:15a Circuit Training 9:30-10:30a Forever Young 5:15-6p Core + Strength & Conditioning 6-6:30p Yoga	18 6:15-7:15a Stretch Fusion ***NEW 7:45-8:45a Dance-2-Fitness – Sarah** ***NEW 8:50-9:50a Yoga - Sarah** 5-5:30p Quick Fit 5:30-6:30p Zumba®	19 6:15-7:15a Circuit Training ***NEW 8-9a Cycle – Sarah** 9:30-10:30a Forever Young ***NEW 10:40-11:30 Yoga - Sarah** 5:15-6p Core + Strength & Conditioning 6-6:30p Yoga	20 ***NEW 7:45-8:45a Dance-2-Fitness – Sarah** ***NEW 8:50-9:50a Yoga - Sarah**	21 10-11a Forever Young
22	23 6:15-7:15a Stretch Fusion ***NEW 7:45-8:15a Boot Camp - Sarah** 1-1:45p Line Dance - **Holloman** 1:45-3:15p Yang Style TaiChi - **Holloman** 5-5:30p Quick Fit 5:30-6:30p Zumba®	24 6:15-7:15a Circuit Training ***NEW 8-9a Cycle – Sarah** 9:30-10:30a Forever Young 5:15-6p Core + Strength & Conditioning 6-6:30p Yoga	25 6:15-7:15a Stretch Fusion 7:45-8:45a Dance-2-Fitness – Sarah 8:50-9:50a Yoga - Sarah 5-5:30p Quick Fit 5:30-6:30p Zumba®	26 6:15-7:15a Circuit Training 8-9a Cycle – Sarah 9:30-10:30a Forever Young 10:40-11:30 Yoga - Sarah 5:15-6p Core + Strength & Conditioning 6-6:30p Yoga	27 7:45-8:45a Dance-2-Fitness – Sarah 8:50-9:50a Yoga - Sarah	28 10-11a Forever Young
29	30 6:15-7:15a Stretch Fusion 7:45-8:15a Boot Camp - Sarah 1-1:45p Line Dance - **Holloman** 1:45-3:15p Yang Style TaiChi - **Holloman** 5-5:30p Quick Fit 5:30-6:30p Zumba®			***W/F 9:30-10a Barre has been cancelled***		