Updated 8/24/2018

September 2018 Fitness Schedule - Bobby Miller Activity Center

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
August 26	August 27 9-9:45a GIT Fit 9-10a Zumba® 10-11a Deep Water 10-11a Forever Young 5:30-5:45p Core 6-7p Zumba®	August 28 8-8:30a Pilates 9-10a Water Aerobics 9-10a Boot Camp 5:40-6:10 POUND®-**Amber** 6:15-7:15p Zumba Toning® 6:30-7:30p Water Aerobics	August 29 9-10a PHITT 10:15–11:15a Yoga-**Michela** 6-7p Zumba®-**Stacey**	August 30 8-8:30a Pilates 9-10a Water Aerobics 9-10a Zumba® 10-11a Forever Young 5-6p Boot Camp 6-7p Zumba® 7-8p Water Aerobics	August 31 9-9:45a GIT Fit 10:15–11:15a Yoga-**Michela**	1
2	3 **CLOSED** **LABOR DAY**	4 8-8:30a Pilates 9-10a Water Aerobics 9-10a Boot Camp 5:40-6:10 POUND®-**Amber** 6:15-7:15p Zumba Toning® 6:30-7:30p Water Aerobics	5 9-10a PHITT 10:15–11:15a Yoga-**Michela** 6-7p Zumba®-**Jackie**	6 8-8:30a Pilates 9-10a Water Aerobics 9-10a Zumba® 10-11a Forever Young 5-6p Boot Camp 6-7p Zumba® 7-8p Water Aerobics	7 9-9:45a GIT Fit 10:15–11:15a Yoga-**Michela**	8
9	10 **9-9:45a No GIT Fit this morning** 9-10a Zumba® **10-11a No Deep Water this morning** 10-11a Forever Young 5:30-5:45p Core 6-7p Zumba®	11 8-8:30a Pilates - **Angie** 9-10a Water Aerobics- **Amy** 9-10a Boot Camp 5:40-6:10 POUND®-**Amber** 6:15-7:15p Zumba Toning® 6:30-7:30p Water Aerobics	12 9-10a PHITT 10:15–11:15a Yoga-**Michela** 6-7p Zumba®-**Stacey**	13 8-8:30a Pilates - **Angie** 9-10a Water Aerobics- **Amy** 9-10a Zumba® 10-11a Forever Young 5-6p Boot Camp 6-7p Zumba® 7-8p Water Aerobics	14 9-9:45a GIT Fit - **Amber** 10:15–11:15a Yoga-**Michela**	15
16	17 9-9:45a GIT Fit 9-10a Zumba® 10-11a Deep Water 10-11a Forever Young 5:30-5:45p Core 6-7p Zumba®	18 8-8:30a Pilates 9-10a Water Aerobics 9-10a Boot Camp 5:40-6:10 POUND®-**Amber** 6:15-7:15p Zumba Toning® 6:30-7:30p Water Aerobics	19 9-10a PHITT 10:15–11:15a Yoga-**Michela** 6-7p Zumba®-**Jackie**	20 8-8:30a Pilates 9-10a Water Aerobics 9-10a Zumba® 10-11a Forever Young 5-6p Boot Camp 6-7p Zumba® 7-8p Water Aerobics	21 9-9:45a GIT Fit 10:15–11:15a Yoga-**Michela**	22
23 / 30	24 9-9:45a GIT Fit 9-10a Zumba® 10-11a Deep Water 10-11a Forever Young 5:30-5:45p Core 6-7p Zumba®	25 8-8:30a Pilates 9-10a Water Aerobics 9-10a Boot Camp 5:40-6:10 POUND®-**Amber** 6:15-7:15p Zumba Toning® 6:30-7:30p Water Aerobics	26 9-10a PHITT 10:15–11:15a Yoga-**Michela** 6-7p Zumba®-**Stacey**	27 8-8:30a Pilates 9-10a Water Aerobics 9-10a Zumba® 10-11a Forever Young 5-6p Boot Camp 6-7p Zumba® 7-8p Water Aerobics	28 9-9:45a GIT Fit 10:15–11:15a Yoga-**Michela**	29