Updated 9/16/2019

September 2019 Fitness Schedule - Bobby Miller Activity Center

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 ***CLOSED*** ***LABOR DAY***	3 ***New time 8:10-8:40a Pilates*** 9-10a SS Splash 9-10a Boot Camp 10:15-11:30a Sun Style Tai Chi for Arthritis ***6:15-7:15p No Zumba Toning® tonight*** 6:30-7:30p Water Aerobics	4 9-10a PHITT 6-7p Line Dance 6:30-7:30p Zumba®-**Stacey** 7-8:15p Yang Style Tai Chi	5 ***New time 8:10-8:40a Pilates*** 9-10a SS Splash 9-10a Zumba® 10-11a SS Classic ***New Class 11-12p SS Boom Move-Angie*** 5:30-6:15p Zumba® 6:30-7:30p Water Aerobics	6 9-9:45a GIT Fit	7
8	9 9-9:45a GIT Fit 9-10a Zumba® 10-11a SS Classic ***New Class 5:30-6:15p Cardio Kick- Stacey*** 6-7:15p Sun Style Tai Chi for Arthritis 6:30-7:30p Zumba®- **Jackie**	10 8:10-8:40a Pilates 9-10a SS Splash 9-10a Boot Camp 10:15-11:30a Sun Style Tai Chi for Arthritis 6:15-7:15p Zumba Toning® 6:30-7:30p Water Aerobics	11 9-10a PHITT ***New Class 5:30-6:15p Cardio Kick Stacey*** 6-7p Line Dance 6:30-7:30p Zumba®-**Jackie** 7-8:15p Yang Style Tai Chi	12 8:10-8:40a Pilates 9-10a SS Splash 9-10a Zumba® 10-11a SS Classic 11-12p SS Boom Move- Angie 5:30-6:15p Zumba® 6:30-7:30p Water Aerobics	13 9-9:45a GIT Fit	14
15	16 9-9:45a GIT Fit 9-10a Zumba® 10-11a SS Classic 6-7:15p Sun Style Tai Chi for Arthritis 6:30-7:30p Zumba®- **Jackie**	17 8:10-8:40a Pilates 9-10a SS Splash 9-10a Boot Camp 10:15-11:30a Sun Style Tai Chi for Arthritis 6:15-7:15p Zumba Toning® 6:30-7:30p Water Aerobics	18 9-10a PHITT ***NEW 10:30-11:30a Yoga - Sarah** 6-7p Line Dance 6:30-7:30p Zumba®-**Stacey** 7-8:15p Yang Style Tai Chi	19 8:10-8:40a Pilates 9-10a SS Splash 9-10a Zumba® 10-11a SS Classic 11-12p SS Boom Move 5:30-6:15p Zumba® 6:30-7:30p Water Aerobics	20 ***9-9:45a No GIT Fit today*** ***NEW 10:30-11:30a Yoga - Sarah**	21
22	23 9-9:45a GIT Fit 9-10a Zumba® 10-11a SS Classic 5:30-6:15p Cardio Kick-**Stacey** 6-7:15p Sun Style Tai Chi for Arthritis 6:30-7:30p Zumba®-**Jackie**	24 8:10-8:40a Pilates 9-10a SS Splash 9-10a Boot Camp 10:15-11:30a Sun Style Tai Chi for Arthritis ***NEW* 5:15-6p Pound - Sarah** 6:15-7:15p Zumba Toning® 6:30-7:30p Water Aerobics	25 9-10a PHITT 10:30-11:30a Yoga - Sarah 5:30-6:15p Cardio Kick- **Stacey** 6-7p Line Dance 6:30-7:30p Zumba®-**Jackie** 7-8:15p Yang Style Tai Chi	26 8:10-8:40a Pilates 9-10a SS Splash 9-10a Zumba® 10-11a SS Classic 11-12p SS Boom Move 5:30-6:15p Zumba® 6:30-7:30p Water Aerobics	27 9-9:45a GIT Fit 10:30-11:30a Yoga - Sarah	28
29	30 9-9:45a GIT Fit 9-10a Zumba® 10-11a SS Classic 6-7:15p Sun Style Tai Chi for Arthritis 6:30-7:30p Zumba®- **Jackie**				***W/F 8-8:50 Stretch Fusion has been cancelled***	

Dr. Holloman is still instructing all TaiChi 太极 classes