Updated 9/16/19

September 2019 Fitness Schedule - Faucett Brothers Activity Center

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 ***CLOSED*** ***LABOR DAY***	3 5:45-6:30a Boot Camp-**Amber** 9-10a Deep Water 9-10a Fitness Fusion 9-10a SS Classic** 10:15-10:45a Zumba – **Bea** ***New time 4:45-5:45p Quick Fit*** 6:15-7:15p Zumba 6:20-7:20p Water Aerobics	4 5:45-6:30 Bootcamp-**Amber** 9-9:45a GIT Fit 9-10a SS Splash-**Amy** 10-10:45a Pilates ***New time 5-6p Quick Fit***	5 5:45-6:30a Boot Camp- **Brandi** 9-10a Deep Water 9-10a Fitness Fusion 9-10a SS Classic 10:30-11:20a Line Dancing ***New time 4:45-5:45p Quick Fit*** 6:15-7:15p Zumba®-**Alisha** 6:20-7:20p Water Aerobics	6 9-10a Quick Fit 9-10a Water Aerobics- **Amy** 9-10a Deep Water-**Andrea** 4:30-5:15p Quick Fit 6-7p Yoga	7
8	9 5:45-6:30a Bootcamp- **Brandi** 8:30-9:30a SS Splash-**Bea** 9-10a Mix It Up Monday (**HIIT/Stretch**) 10:15-11a Pilates ***New time 5-6p Quick Fit*** 6:20-7:20p Deep Water 6:45-7:45p Zumba®- **Alisha**	10 5:45-6:30a Boot Camp-**Amber** 9-10a Deep Water 9-10a Fitness Fusion 9-10a SS Classic** 10:15-10:45a Zumba – **Bea** 4:45-5:45p Quick Fit ***6:15-7:15p No Zumba® tonight*** 6:20-7:20p Water Aerobics	11 5:45-6:30 Bootcamp-**Amber** 9-9:45a GIT Fit 9-10a SS Splash-**Amy** 10-10:45a Pilates 5-6p Quick Fit	12 5:45-6:30a Boot Camp- **Brandi** 9-10a Deep Water 9-10a Fitness Fusion 9-10a SS Classic 10:30-11:20a Line Dancing 4:45-5:45p Quick Fit 6:15-7:15p Zumba®-**Alisha** 6:20-7:20p Water Aerobics	13 9-10a Quick Fit 9-10a Water Aerobics - **Taryn** 9-10a Deep Water-**Andrea** 4:30-5:15p Quick Fit 6-7p Yoga	14 9:30-10:30a Quick Fit
15	16 5:45-6:30a Bootcamp- **Brandi** 8:30-9:30a SS Splash-**Bea** 9-10a Mix It Up Monday(**Pound/HIIT**) 10:15-11a Pilates 5-6p Quick Fit 6:20-7:20p Deep Water 6:45-7:45p Zumba® - **Alisha**	17 5:45-6:30a Boot Camp-**Amber** 9-10a Deep Water 9-10a Fitness Fusion 9-10a SS Classic** 10:15-10:45a Zumba – **Bea** 4:45-5:45p Quick Fit 6:15-7:15p Zumba® 6:20-7:20p Water Aerobics	18 5:45-6:30 Bootcamp-**Amber** 9-9:45a GIT Fit 9-10a SS Splash-**Amy** 10-10:45a Pilates 5-6p Quick Fit	19 5:45-6:30a Boot Camp- **Brandi** 9-10a Deep Water 9-10a Fitness Fusion 9-10a SS Classic 10:30-11:20a Line Dancing 4:45-5:45p Quick Fit 6:15-7:15p Zumba®-**Alisha** 6:20-7:20p Water Aerobics	20 9-10a Quick Fit 9-10a Water Aerobics - **Taryn** 9-10a Deep Water-**Andrea** 4:30-5:15p Quick Fit ***6-7p No Yoga tonight***	21 9:30-10:30a Zumba- **Alisha**
22	23 5:45-6:30a Bootcamp- **Brandi** 8:30-9:30a SS Splash-**Bea** 9-10a Mix It Up Monday(**Pool Workout**) 10:15-11a Pilates 5-6p Quick Fit ***NEW* 6:10-6:40p Pound - Sarah** 6:20-7:20p Deep Water 6:45-7:45p Zumba® - **Alisha** ***NEW* 6:45-7:30 Yoga - Sarah**	24 5:45-6:30a Boot Camp-**Amber** 9-10a Deep Water- **Andrea** 9-10a Fitness Fusion 9-10a SS Classic** 10:15-10:45 Zumba – **Bea** 4:45-5:45p Quick Fit 6:15-7:15p Zumba® 6:20-7:20p Water Aerobics	25 5:45-6:30 Bootcamp-**Amber** 9-9:45a GIT Fit 9-10a SS Splash-**Amy** 10-10:45a Pilates 5-6p Quick Fit	26 5:45-6:30a Boot Camp- **Brandi** 9-10a Deep Water- **Andrea** 9-10a Fitness Fusion 9-10a SS Classic 10:30-11:20a Line Dancing 4:45-5:45p Quick Fit 6:15-7:15p Zumba®-**Alisha** 6:20-7:20p Water Aerobics	27 9-10a Quick Fit 9-10a Water Aerobics - **Taryn** 9-10a Deep Water - **Andrea** 4:30-5:15p Quick Fit 6-7p Yoga	28 9:30-10:30a Quick Fit
29	30 5:45-6:30a Bootcamp- **Brandi** 8:30-9:30a SS Splash-**Bea** 9-10a Mix It Up Monday(**Cycle/HIIT**) 10:15-11a Pilates 5-6p Quick Fit 6:10-6:40p Pound - Sarah ***6:20-7:20p No Deep Water tonight*** ***6:45-7:45p No Zumba® tonight*** 6:45-7:30 Yoga - Sarah					