Updated 9/16/2019

September 2019 Fitness Schedule – Jerry Tingle Activity Center

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 ***CLOSED*** ***LABOR DAY***	3 5:30-6:30a Boot Camp 7:30-8:15a Water Aerobics 8:30-9:15a Kickboxing 9:20-9:50a Quick fit	4 5:30-6:30a Boot Camp 7-8a Yoga 8:30-9:15a Forever Young 8:30-9:30a Aqua Zumba® 9:20-9:50a Quick-Fit 10-11a Silver Dance	5 5:30-6:30a Boot Camp 7:30-8:15a Water Aerobics 8:30-9:15a Kickboxing 9:20-9:50a Quick fit	6 5:30-6:30a Boot Camp 7a-8a Yoga 8:30-9:15a Forever Young 9:20-9:50a Quick-Fit ***New time 11-12p Aqua Zumba®*** 5:15-6p Circuit Training 6-7p Yoga	7
8	9 5:30-6:30a Boot Camp 7-8a Yoga 8:30-9:15a Forever Young 8:30-9:30a Aqua Zumba® 9:20-9:50a Quick-Fit 10-11a Silver Dance ***5:50-6:45p No Zumba tonight*** ***7-7:45p No Yoga tonight***	10 5:30-6:30a Boot Camp 7:30-8:15a Water Aerobics 8:30-9:15a Kickboxing 9:20-9:50a Quick fit 4:45-5:30p Strong by Zumba® 5:50-6:45p Zumba	11 5:30-6:30a Boot Camp 7-8a Yoga 8:30-9:15a Forever Young 8:30-9:30a Aqua Zumba® 9:20-9:50a Quick-Fit 10-11a Silver Dance	12 5:30-6:30a Boot Camp 7:30-8:15a Water Aerobics 8:30-9:15a Kickboxing 9:20-9:50a Quick fit	13 5:30-6:30a Boot Camp 7a-8a Yoga 8:30-9:15a Forever Young 9:20-9:50a Quick-Fit 11-12p Aqua Zumba® 5:15-6p Circuit Training 6-7p Yoga	14 9:30-10:30a Zumba -**Christa**
15	16 5:30-6:30a Boot Camp 7-8a Yoga 8:30-9:15a Forever Young 8:30-9:30a Aqua Zumba® 9:20-9:50a Quick-Fit 10-11a Silver Dance ***5:50-6:45p No Zumba tonight*** ***7-7:45p No Yoga tonight***	17 5:30-6:30a Boot Camp 7:30-8:15a Water Aerobics 8:30-9:15a Kickboxing 9:20-9:50a Quick fit	18 5:30-6:30a Boot Camp 7-8a Yoga 8:30-9:15a Forever Young 8:30-9:30a Aqua Zumba® 9:20-9:50a Quick-Fit 10-11a Silver Dance	19 5:30-6:30a Boot Camp 7:30-8:15a Water Aerobics 8:30-9:15a Kickboxing 9:20-9:50a Quick fit	20 5:30-6:30a Boot Camp 7a-8a Yoga 8:30-9:15a Forever Young 9:20-9:50a Quick-Fit 11-12p Aqua Zumba® 5:15-6p Circuit Training 6-7p Yoga	21
22	23 5:30-6:30a Boot Camp 7-8a Yoga 8:30-9:15a Forever Young 8:30-9:30a Aqua Zumba® 9:20-9:50a Quick-Fit 10-11a Silver Dance 5:50-6:45p Zumba 7-7:45p Yoga	24 5:30-6:30a Boot Camp 7:30-8:15a Water Aerobics 8:30-9:15a Kickboxing 9:20-9:50a Quick fit ***NEW 10-11a Dance-2-Fitness -Sarah** 4:45-5:30p Strong by Zumba® 5:50-6:45p Zumba	25 5:30-6:30a Boot Camp 7-8a Yoga 8:30-9:15a Forever Young 8:30-9:30a Aqua Zumba® 9:20-9:50a Quick-Fit 10-11a Silver Dance	26 5:30-6:30a Boot Camp 7:30-8:15a Water Aerobics 8:30-9:15a Kickboxing 9:20-9:50a Quick fit	27 5:30-6:30a Boot Camp 7a-8a Yoga 8:30-9:15a Forever Young 9:20-9:50a Quick-Fit 11-12p Aqua Zumba® 5:15-6p Circuit Training 6-7p Yoga	28 9:30-10:30a Zumba -**Stacey**
29	30 5:30-6:30a Boot Camp 7-8a Yoga 8:30-9:15a Forever Young 8:30-9:30a Aqua Zumba® 9:20-9:50a Quick-Fit 10-11a Silver Dance 5:50-6:45p Zumba 7-7:45p Yoga			***TH 5:50-6:45p Zumba has been cancelled***		31