

## September 2019 Fitness Schedule – Leroy McAbee Activity Center

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 <b>CLOSED LABOR DAY</b>	3 1-1:45p Line Dance 1:45-3:15p Yang Style TaiChi <b>6-7p No Nordic Walking tonight</b>	4 8-9a Aqua Flex Plus 9-10a Aqua Power Flex 10-11a Aqua Flex	5 1-1:45p Line Dance 1:45-3:15p Yang Style TaiChi	6 8-9a Aqua Flex Plus 9-10a Aqua Power Flex 10-11a Aqua Flex	7
8	9 8-9a Aqua Flex Plus 9-10a Aqua Power Flex 10-11a Aqua Flex	10 1-1:45p Line Dance 1:45-3:15p Yang Style TaiChi 6-7p Nordic Walking	11 8-9a Aqua Flex Plus 9-10a Aqua Power Flex 10-11a Aqua Flex	12 1-1:45p Line Dance 1:45-3:15p Yang Style TaiChi	13 8-9a Aqua Flex Plus 9-10a Aqua Power Flex 10-11a Aqua Flex	14
15	16 8-9a Aqua Flex Plus 9-10a Aqua Power Flex 10-11a Aqua Flex	17 1-1:45p Line Dance 1:45-3:15p Yang Style TaiChi 6-7p Nordic Walking	18 8-9a Aqua Flex Plus 9-10a Aqua Power Flex 10-11a Aqua Flex	19 1-1:45p Line Dance 1:45-3:15p Yang Style TaiChi	20 8-9a Aqua Flex Plus 9-10a Aqua Power Flex 10-11a Aqua Flex	21
22	23 8-9a Aqua Flex Plus 9-10a Aqua Power Flex 10-11a Aqua Flex	24 1-1:45p Line Dance 1:45-3:15p Yang Style TaiChi 6-7p Nordic Walking	25 <b>No Aqua Classes today</b>	26 1-1:45p Line Dance 1:45-3:15p Yang Style TaiChi	27 <b>No Aqua Classes today</b>	28
29	30 8-9a Aqua Flex Plus 9-10a Aqua Power Flex 10-11a Aqua Flex					