

# Life Center Fitness

## September Class Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 9am (Gretchen) Zumba Gold 7pm (Lindsey) Zumba	2 7pm (Lindsey) Zumba Step	3 8am (Magda) Barre 9am (McClees) Zumba
4	5 No Classes  We will be closed <i>Labor Day</i>	6 9am (McClees) Zumba Gold 7pm (Vicki) PiYo	7 6:00pm (Sue) Yoga (I)	8 9am (McClees) Zumba Toning 7pm (Lindsey) Zumba	9 7pm (Lindsey) Zumba Step	10 8am (Magda) Barre 9am (McClees) Zumba
11	12 8:30am (Sue) Yoga (B) 6pm (McClees) Zumba Toning 7pm (Lindsey) Zumba	13 9am (McClees) Zumba Gold 7pm (Vicki) PiYo	14 6:00pm (Sue) Yoga (I)	15 9am (McClees) Zumba Toning 7pm (Lindsey) Zumba	16 7pm (Lindsey) Zumba Step	17 8am (Magda) Barre 9am (McClees) Zumba
18	19 8:30am (Sue) Yoga (B) 6pm (McClees) Zumba Toning 7pm (Lindsey) Zumba	20 9am (McClees) Zumba Gold 7pm (Vicki) PiYo	21 6:00pm (Sue) Yoga (I)	22 9am (McClees) Zumba Toning 7pm (Lindsey) Zumba	23 7pm (Lindsey) Zumba Step	24 8am (Magda) Barre 9am (McClees) Zumba
25	26 8:30am (Sue) Yoga (B) 6pm (McClees) Zumba Toning 7pm (Lindsey) Zumba	27 9am (McClees) Zumba Gold 7pm (Vicki) PiYo	28 6:00pm (Sue) Yoga (I)	29 9am (McClees) Zumba Toning 7pm (Lindsey) Zumba	30 <b>Fitness Event</b> (more details to follow)	