

September MODIFIED Fitness Class Schedule for Sept 1st-6th

Studios Phone: 935-6752

Hrs: M-Sat 8am-noon; 3-5 MW

All Classes \$5.00 (\$3.75 w/prepaid package) unless specified

TF Fit Ctr Phone: 935-6740

Guests may not use discounted package

	1st	2nd	3rd	4th	5th	6th
	Classes in the TF Ballroom while Studios is closed for maintenance					
Starts	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:00	Labor Day No classes	Hydro Challenge w/ Janet (Outdoor Pool)	Hydro Challenge w/ Sue (Outdoor Pool)	No facility available for classes today. Only Aqua classes today	Classic Aerobics w/ Helen	No facility available today
			Classic Aerobics w/ Helen			
9:00		Zumba w/ Helen	Strength & Conditioning w/ Helen	Hydro Challenge w/ Shirleen (Outdoor Pool)	Strength & Conditioning w/ Helen	
10:00		Chair Yoga w/ Karen	20/20/20 w/ Kathryn		20/20/20 Self Directed - no charge	
		Pilates w/ Shirleen	Sit & Fit w/ Shirleen		Sit & Fit w/ Shirleen	
		Yin Yoga w/ Laine			Aqua Zumba w/ Helen	
11:00		Balance Plus w/ Janet	Gentle Cardio Strength w/ Becca		Gentle Cardio Strength w/ Becca	
		Country Fitness w/ Cortney				
1:00						
2:30		Aqua Zumba w/ Helen (Outdoor Pool)		Aqua Zumba w/ Helen (Outdoor Pool)		
3:00					New class schedule will begin when Studios reopens on September 8th. Thanks so much for your understanding, patience and cooperation during our shutdown.	
4:00						

RESERVATIONS REQUIRED: www.supersaas.com/schedule/login/PebbleCreek_Fitness/