

September Fitness Class Schedule - starts September 8th

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

	Studio #1		Studio #2	Studio #3		
Starts	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:00	Hydro Challenge w/ Sue (Outdoor Pool)	Hydro Challenge w/ Janet (Outdoor Pool)	Hydro Challenge w/ Sue (Outdoor Pool)			
	Classic Aerobics w/ Helen	Stability Strong (NEW) w/ Helen	Classic Aerobics w/ Helen	Stability Strong (NEW) w/ Helen	Classic Aerobics w/ Helen	
	Strictly Strength w/ Sonia	Yoga & More w/ Allen	Strictly Strength w/ Sonia	Yoga & More w/ Allen	Strictly Strength w/ Sonia	
9:00	Tai Chi/Qigong w/ DVD - no charge			Hydro Challenge w/ Shirleen(Outdoor Pool)	Aqua Zumba w/ Helen	
	Strength & Conditioning w/ Sonia	Zumba w/ Helen	Strength & Conditioning w/ Sonia	Zumba w/ Helen	Strength & Conditioning w/ Sonia	Core Combo Yoga w/ Becca
	Core Combo Yoga w/ Becca	Yin Yoga w/ Laine	Zumba w/ Cindy	Yin Yoga w/ Laine	Mobility/Pilates (NEW) w/ Kathryn	Zumba w/ Cher
10:00	20/20/20 w/ Patti	Chair Yoga w/ Karen	20/20/20 w/ Patti	Chair Yoga w/ Karen	20/20/20 w/ Patti	Seated Combo w/ Becca
	Pilates/Barre w/ Becca	Pilates w/ Shirleen	Sit & Fit w/ Shirleen	Pilates w/ Shirleen	Sit & Fit w/ Shirleen	
11:00	Gentle Cardio Strength w/ Patti	Balance Plus w/ Sonia	Gentle Cardio Strength w/ Patti	Balance Plus w/ Sonia	Gentle Cardio Strength w/ Patti	Dance Fitness (NEW) w/ Becca
	Stretch & Strength (NEW) w/ Kathryn	Country Fitness w/Cortney	Stretch & Strength (NEW) w/ Kathryn	xxx		
1:00	1:00 Hydro Challenge w/ Janet					
2:30		Aqua Zumba w/ Helen (Outdoor Pool)		Aqua Zumba w/ Helen (Outdoor Pool)		
3:00	Yin Yoga w/ Laine		Yin Yoga w/ Laine		This schedule begins Sept 8th. Check out our NEW classes. All are designed to challenge you!!!	
4:00						

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