

# SEPTEMBER GROUP FITNESS

*Monday*

Strength Express  
6:30-7:00  
Matt

Pilates  
11:30-12:15  
Anna

*Tuesday*

Total Body Pump  
6:30-7:15  
Matt

Total Body Pump  
11:30-12:15  
Breanna

*Wednesday*

Cardio Kickboxing  
6:30-7:15  
Paula

TRX, Ropes, and  
Med Balls  
11:30-12:15  
Matt

Vinyasa Yoga  
12:30-1:15  
Paula

*Thursday*

BURNOUT  
Bootcamp  
6:30-7:15  
Matt

Cardio & Core  
Blast  
11:30-12:05  
Breanna

Vinyasa Yoga  
12:30-1:15  
Anna

*Friday*

Pilates  
11:30-12:15  
Emma

