

**Fall Fitness Schedule**  
**Set I Sept 7<sup>th</sup> – Oct 29<sup>th</sup> /Set II Nov 1<sup>st</sup> – Dec 17<sup>th</sup>**

**\*Registration classes have different timelines**

Time	Monday	Tuesday	Wednesday	Thursday	Friday
6:00am	Complete Cardio Mix		Complete Cardio Mix		Complete Cardio Mix
9:00am	Step	Zumba @9:15am	Muscle Circuit	Zumba @9:15am	Athletic Land
10:30am		Fit After 50		Fit After 50	
5:15pm		Cardio Combo	Total Ball Conditioning	Cardio Combo	
6:30pm	Cardio Blast	Yoga	Zumba	Yoga	Zumba
8:15pm	Adult Ballet REGISTRATION ONLY				