

September 2017 Group Fitness

Hours of Operation
0500-2100 Mon-
Thurs
0500-1900 Fri

Monday

Tuesday

Wednesday

Thursday

Friday

Closed
1 & 4 Sep

Special Events
8 Sep
22 Sep

1

Closed*

4

Closed

5
0930 – Super Tone-Sharon

1730 – REFIIT -Cara

6
1100-Yoga-Amanda

1730-TRX
HIIT_Sara

7
930-Mommy Boot Camp-Sharon

1100-Spin-Robert

1730-Zumba-Elizabeth

8
1100 – Pilates – Lucy

*** Dodgeball* @1700**

11
1100-Spin-Robert

1730 – Cardio
Kickboxing-Pam

12
0930 – Super Tone-Sharon

1730 – REFIIT -Cara

13
1100-Yoga-Amanda

1730-TRX
HIIT_Sara

14
930-Mommy Boot Camp-Sharon

1100-Spin-Robert

1730-Zumba-Elizabeth

15
1100 – Pilates – Lucy

18
1100-Spin-Robert

1730 – Cardio
Kickboxing-Pam

19
0930 – Super Tone-Sharon

1730 – REFIIT -Cara

20
1100-Yoga-Amanda

1730-TRX
HIIT_Sara

21
930-Mommy Boot Camp-Sharon

1100-Spin-Robert

1730-Zumba-Elizabeth

22
1100 – Pilates – Lucy

***3 Point Contest* @1700**

25
1100-Spin-Robert

1730 – Cardio
Kickboxing-Pam

26
0930 – Super Tone-Sharon

1730 – REFIIT -Cara

27
1100-Yoga-Amanda

1730-TRX
HIIT_Sara

28
930-Mommy Boot Camp-Sharon

1100-Spin-Robert

1730-Zumba-Elizabeth

29
1100 – Pilates – Lucy

If you have any questions please call Freedom Hall at 773-6199