

SEPTEMBER 2026 GROUP FITNESS



Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 5:00 Meg's Choice 8:15 Kickboxing Jen 5:45 Zumba Lisa	2 5:00 PowerFit Meg 8:15 PowerFit Jen 9:05 Pilates Jen	3 5:00 C&S Meg 8:15 Step Jen 5:45 Step Lisa	4 NO CLASSES	5
6	7 LABOR DAY NO CLASSES	8 5:00 Meg's Choice 8:15 Kickboxing Jen 5:45 Line Dance Lisa	9 5:00 PowerFit Meg 8:15 PowerFit Jen 9:05 Pilates Jen	10 5:00 Cardio/Strength Meg 8:15 Step Meg 5:45 Step Lisa	11 5:00 C&S Mal 8:15 and 9:05 NO CLASSES	12
13	14 5:00 PowerFit Meg 8:15 Bootcamp Erin 9:05 PowerFit Jen 5:00 Cardio/Strength Jen	15 5:00 Meg's Choice 8:15 Meg's Choice 5:45 Zumba Lisa	16 5:00 PowerFit Meg 8:15 Powerfit Jen 9:05 Pilates Jen	17 5:00 C&S Meg 8:15 Step Jen 5:45 Step Lisa	18 5:00 C&S Mal 8:15 Circuits Erin 9:05 Stretch Erin	19
20	21 5:00 PowerFit Meg 8:15 Bootcamp Erin 9:05 PowerFit Jen 5:00 Cardio/Strength Jen	22 5:00 Meg's Choice 8:15 Kickboxing Jen 5:45 Line Dance Lisa	23 5:00 PowerFit Meg 8:15 Powerfit Jen 9:05 Pilates Jen	24 5:00 C&S Meg 8:15 Step Jen 5:45 Step Lisa	25 5:00 C&S Mal 8:15 Circuits Erin 9:05 Stretch Erin	26
27	28 5:00 PowerFit Meg 8:15 Bootcamp Erin 9:05 PowerFit Jen 5:00 Cardio/Strength Jen	29 5:00 Meg's Choice 8:15 Kickboxing Jen 5:45 Zumba Lisa	30 5:00 PowerFit Meg 8:15 PowerFit Jen 9:05 Pilates Jen			