

Find Your Fire Fitness - September 2019					
Mon	Tue	Wed	Thu	Fri	Sat
<p>2</p>  <p><b>NO CLASSES</b></p>	<p>3</p> <p>5:30am – R.I.P.P.E.D            9:00am – Zumba            10:00am -SAIL            4:30pm- R&amp;R            5:30pm – Core &amp; More            6:00pm -BARRE            6:00pm –Yoga            7:00pm- Zumba</p>	<p>4</p> <p>5:30am – R&amp;R            9:00am –SAIL            4:30pm- BootCamp            6:00pm- Zumba Toning            7:00pm- BDBF</p>	<p>5</p> <p>5:30am –R.I.P.P.E.D            9:00am – Zumba            10:00am -SAIL            4:30pm- R&amp;R            5:30pm – PiYo Live            6:30pm – RUMBLE</p> <p><b>FIND YOUR FIRE</b></p>	<p>6</p>  <p>12:00pm            Fuel For Thought</p> <p>6:00pm - RUMBLE            6:30pm – Zumba</p>	<p>7</p> <p>9:00am- RUMBLE</p> <p><b>Wellness On The Yough</b>            11 – 4pm</p> 
<p>9</p> <p>5:15am – PiYo Live            6:00pm- Kids Yoga            6:00pm – Zumba Toning            7:00pm – R.I.P.P.E.D</p>	<p>10</p> <p>5:30am – R.I.P.P.E.D            9:00am – Zumba            10:00am -SAIL            4:30pm- R&amp;R            5:30pm – Core &amp; More            6:00pm -BARRE            6:00pm –Yoga            7:00pm- Zumba</p>	<p>11</p> <p>5:30am – R&amp;R            9:00am – SAIL            10:00am - Zumba            4:30pm- BootCamp            6:00pm- Zumba Toning            7:00pm  <b>Meditative Yoga</b>  <b>Bre’s Farewell Class</b></p>	<p>12</p> <p>5:15am –R.I.P.P.E.D            5:30pm – PiYo Live</p> <p>6:30pm  <b>RUMBLE</b>  <b>Bout 7 Launch</b></p>	<p>13</p>  <p>12:00pm            Fuel For Thought</p> <p>6:00pm - RUMBLE            6:30pm – Zumba</p>	<p>14</p> <p>8:00am- R.I.P.P.E.D            9:00am – RUMBLE</p> <p><b>I CAN.</b>  <b>I WILL.</b>  <b>END OF STORY.</b></p>
<p>16</p> <p>5:15am – PiYo Live            6:00pm- Kids Yoga            6:00pm – Zumba Toning            7:00pm – R.I.P.P.E.D</p> <p><b>NEVER GIVE UP</b></p>	<p>17</p> <p>5:30am – R.I.P.P.E.D            9:00am – Zumba            10:00am -SAIL            4:30pm- R&amp;R            5:30pm – Core &amp; More            6:00pm -BARRE            6:00pm –Yoga            7:00pm- Zumba</p>	<p>18</p> <p>5:30am – RUMBLE            9:00am –SAIL            4:30pm- BootCamp            6:00pm- Zumba Toning            7:00pm- BDBF</p>	<p>19</p> <p>5:30am –R.I.P.P.E.D            9:00am – Zumba            10:00am -SAIL            4:30pm- R&amp;R            5:30pm – PiYo Live            6:30pm - RUMBLE</p>	<p>20</p>  <p>12:00pm            Fuel For Thought</p> <p>6:00pm - RUMBLE            6:30pm – Zumba</p>	<p>21</p> <p>8:00am- R.I.P.P.E.D            9:00am – RUMBLE</p> <p><b>22 – SUNDAY</b>  <b>Dancing In The Streets</b>  <b>Scottsdale Fall Festival</b>            1-3:30pm  <b>FREE</b></p>
<p>23</p> <p>5:15am – PiYo Live            6:00pm- Kids Yoga            6:00pm – Zumba Toning            7:00pm – R.I.P.P.E.D</p>	<p>24</p> <p>5:30am – R.I.P.P.E.D            9:00am – Zumba            10:00am -SAIL            4:30pm- R&amp;R            5:30pm – Core &amp; More            6:00pm -BARRE            6:00pm –Yoga            7:00pm- Zumba</p>	<p>25</p> <p>5:30am – RUMBLE            9:00am –SAIL            4:30pm- BootCamp            6:00pm- Zumba Toning            7:00pm- BDBF</p> <p><b>BELIEVE</b></p>	<p>26</p> <p>5:30am –R.I.P.P.E.D            9:00am – Zumba            10:00am -SAIL            4:30pm- R&amp;R            5:30pm – PiYo Live            6:30pm - RUMBLE</p>	<p>27</p>  <p>12:00pm            Fuel For Thought</p> <p>6:00pm - RUMBLE            6:30pm – Zumba</p>	<p>28</p> <p>8:00am- R.I.P.P.E.D            9:00am – RUMBLE</p> <p><b>Mt. Pleasant</b>  <b>Glass and Ethnic</b>  <b>Festival</b>            3-7pm</p>

Find Your Fire Fitness - September 2019					
Mon	Tue	Wed	Thu	Fri	Sat
<p><b>30</b>  <b>5:15am – PiYo Live</b>                      6:00pm- Kids Yoga                      6:00pm – Zumba Toning                      7:00pm – R.I.P.P.E.D</p> <p style="text-align: center;"><b>YOUR MINDSET                      IS THE MOST                      IMPORTANT                      FACTOR IN                      ACHIEVING YOUR                      GOALS AND DREAMS.</b></p>			<p><i>Classes in <b>GREEN</b> are Special/Classes Events</i>  <i>Classes in <b>RED</b> are Updates/New Classes</i>  <i>Classes in <b>BLUE</b> are held at the                      Mt. Pleasant Ctr. For Active Adults</i></p> <p><i>Subject to Change</i></p>		

**\*\*Announcements\*\***

- Log on to our Find Your Fire Fitness Facebook page EVERY Friday at noon for some “*Fuel For Thought.*”

**SAVE THE DATE**

- **9/7/19 - Wellness On The Yough** -11:00am – 4:00pm. Find Your Fire Fitness will have a booth and **FREE** class demos.
- **9/22/19 - Dancing In The Streets at Scottsdale Fall Festival**- Join Find Your Fire Fitness Instructors for a **FREE** community dance party from 1:00pm – 3:30pm in the streets.

**KIDDING AROUND YOGA SEPTEMBER SPECIAL**

- \$21.00 (pre-pay)
- \$8.00 per class