

September 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 <u>12:00pm</u> <u>Functional Movement</u>	2 <u>9:30am</u> <u>Balance & Flow Yoga</u>	3 <u>12:00pm</u> <u>Functional Strength</u> <u>6:30pm</u> <u>Relax & Renew Yoga</u>	4 	5 
6 	7	8 <u>12:00pm</u> <u>Functional Movement</u>	9 <u>9:30am</u> <u>Balance & Flow Yoga</u> <u>6:00pm</u> <u>Sip and Paint wit Holly.</u>	10 <u>12:00pm</u> <u>Functional Strength</u> <u>6:30pm</u> <u>Pilates Flow</u>	11	12
13	14 <u>6:30 pm</u> <u>Line Dancing with Kristie</u>	15 <u>12:00pm</u> <u>Functional Movement</u> <u>8:00 pm</u> <u>Line Dancing with Kristie</u>	16 <u>9:30am</u> <u>Balance & Flow Yoga</u>	17 <u>12:00pm</u> <u>Functional Strength</u> <u>6:30pm</u> <u>Relax & Renew Yoga</u>	18	19 <u>10:30 am</u> <u>Rhythm & Restore -</u> <u>Dance and Stretch Class</u>
20	21 <u>6:30 pm</u> <u>Line Dancing with Kristie</u>	22 <u>12:00pm</u> <u>Functional Movement</u> <u>8:00 pm</u> <u>Line Dancing with Kristie</u>	23 <u>9:30am</u> <u>Balance & Flow Yoga</u> <u>7:00pm</u> <u>Moving with Grief WORKSHOP</u>	24 <u>12:00pm</u> <u>Functional Strength</u> <u>6:30pm</u> <u>Pilates Flow</u>	25 <u>Class Color Codes</u>	26
27	28 <u>6:30 pm</u> <u>Line Dancing with Kristie</u>	29 <u>12:00pm</u> <u>Functional Movement</u> <u>8:00 pm</u> <u>Line Dancing with Kristie</u>	30 <u>9:30am</u> <u>Balance & Flow Yoga</u> <u>7:00pm</u> <u>Moving with Grief WORKSHOP</u>	<u>Class Color Codes</u>  <u>Workshops (multi sessions)</u>  <u>Register Directly with Instructor</u>  <u>Core Classes (Regularly Scheduled)</u>		