

**FAMILYLIFE FITNESS
&
KT.FITNESS**



September 2020

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	1	2	3	4	5	6
7	8	9	10	11	12	13
14 Class 1 Core Strength & Low Impact Cardio 10:00 Krystal	15	16 BONUS Core Breath Basics Katie	17 Class 2 Lower Body 10:30 Katie	18	19	20
21 Introductions ☺	22 BONUS Local Special Guest <i>Full Body Lift & Burn with Lindsay</i>	23 Wine Down Wednesday with Kim Doyle R. Dietician 8:30 pm	24 Class 4 Rock Bottom 10:30 Krystal	25 BONUS Core Integration with Movement Krystal	26	27
28 Class 5 Body Weight 10:00 Katie	29 Trail Tuesday! 9:15 am Pack a Snack	30 BONUS Local Special Guest <i>Yoga with Kristyn</i>				

****Trail Walk - Meet at 224-228 Brant County Rd. 4 Scotland, ON (Beside Willow Lake Park)****