





## September 2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
20112111	1-Sep	2-Sep	3-Sep	4-Sep	5-Sep	6-Sep
	•		Coffee with Diane	Walking Club		
		<b>Center OPENS AT</b>	9 am	9:30 - 10:15 am		
		2 PM	Senior Exercise Class 10:30am	Trivia Day 10:30 - 11:30 am		
	LABOR		Zumba 11:30 am			
CLOSED	DAY	4:15 - 4:45 pm - Karate		4:15 - 4:45 pm - Karate	CLOSED	CLOSED
	CLOSED	OPEN / Boot Camp		OPEN / Boot Camp		0_00_
	CLOSED	5 - 6 pm - Beginners Karate - Ages 7 & Over	4:15 - 4:45 pm - Karate OPEN / Boot Camp	5 - 6 pm - Beginners Karate - Ages 7 & Over		
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		6 - 7 pm - Advanced Karate Class	4pm - 6pm Sensei Private Sessions	6 - 7 pm - Advanced Karate Class		
7-Sep	8-Sep	9-Sep	10-Sep	11-Sep	12-Sep	13-Sep
	Coffee with Diane		Coffee with Diane	Walking Club		
	9 am Senior Exercise Class	<b>Center OPENS AT</b>	9 am Senior Exercise Class	9:30 - 10:15 am		
	10:30am	2 PM	10:30am			
CLOSED	Zumba 11:30 am		Zumba 11:30 am		CLOSED	CLOSED
	4:15 - 4:45 pm - Karate	4:15 - 4:45 pm - Karate	NUNCO 1 2	4:15 - 4:45 pm - Karate		
	OPEN / Boot Camp	OPEN / Boot Camp	BUNCO - 1pm - 3pm	OPEN / Boot Camp		
	Chair Yoga	5 - 6 pm - Beginners	4:15 - 4:45 pm - Karate			
	1- 2 pm 4pm - 6:30pm PAKT	Karate - Ages 7 & Over 6 - 7 pm - Advanced	OPEN / Boot Camp 4pm - 6pm Sensei	Karate - Ages 7 & Over 6 - 7 pm - Advanced		
	Sparring Class	Karate Class	Private Sessions	Karate Class		
14-Sep	15-Sep	16-Sep	17-Sep	18-Sep	19-Sep	20-Sep
	Coffee with Diane		Coffee with Diane 8:30 am	Walking Club 9:30 - 10:15 am		
	8:30 am Strength & Toning I	Center OPENS AT 2 PM	Strength & Toning I	Trivia Day		
	9:30am		9:30am	10:30 - 11:30 am		
CLOSED	Strength & Toning II 10:30am		Strength & Toning II 10:30am		CLOSED	CLOSED
	Zumba 11:30 am	Tai Chi 2 2 nm	Zumba 11:30 am			
		Tai Chi 2 - 3 pm	2011DQ 11.30 Q111	445 445 11 1		
	Chair Yoga 1- 2 pm	4:15 - 4:45 pm - Karate OPEN / Boot Camp	BINGO - 1pm - 3pm	4:15 - 4:45 pm - Karate OPEN / Boot Camp		
	4:15 - 4:45 pm - Karate	5 - 6 pm - Beginners	4:15 - 4:45 pm - Karate	5 - 6 pm - Beginners		
	OPEN / Boot Camp	Karate - Ages 7 & Over	OPEN / Boot Camp	Karate - Ages 7 & Over		
	4pm - 6:30pm PAKT	6 - 7 pm - Advanced	4pm - 6pm Sensei	6 - 7 pm - Advanced		
21-Sep	Sparring Class  22-Sep	Karate Class 23-Sep	Private Sessions 24-Sep	Karate Class 25-Sep	26-Sep	27-Sep
	Coffee with Diane		Coffee with Diane	Walking Club		
	8:30 am Strength & Toning I		8:30 am Strength & Toning I	9:30 - 10:15 am		
	9:30am	<b>Center OPENS AT</b>	9:30am			
CLOSED	Strength & Toning II	2 PM	Strength & Toning II		CLOSED	CLOSED
	10:30am		10:30am			0_00_
	Zumba 11:30 am		Zumba 11:30 am			
	Chair Yoga 1- 2 pm	4:15 - 4:45 pm - Karate OPEN	PINOCHLE - 1 - 3pm	4:15 - 4:45 pm - Karate OPEN		
	4:15 - 4:45 pm - Karate	5 - 6 pm - Beginners	4:15 - 4:45 pm - Karate	5 - 6 pm - Beginners		
	OPEN	Karate - Ages 7 & Over	OPEN	Karate - Ages 7 & Over		
	4pm - 6:30pm PAKT Sparring Class	6 - 7 pm - Advanced Karate Class	4pm - 6pm Sensei Private Sessions	6 - 7 pm - Advanced Karate Class		
28-Sep	29-Sep	30-Sep	1-Oct	2-Oct	3-Oct	4-Oct
	Coffee with Diane					
	8:30 am Strength & Toning I	Center OPENS AT				
	9:30am	2 PM				
	Strength & Toning II 10:30am					
CLOSED	Zumba 11:30 am	Tai Chi 2 - 3 pm			CLOSED	CLOSED
	Chair Yoga	4:15 - 4:45 pm - Karate				
	1- 2 pm	OPEN / Boot Camp				
	4:15 - 4:45 pm - Karate OPEN / Boot Camp	5 - 6 pm - Beginners Karate - Ages 7 & Over				
	4pm - 6:30pm PAKT	6 - 7 pm - Advanced				
		Karate Class				