

September 2026-MCEF

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 *#4 Bootcamp 7am Senior Fit 9:30am Yoga 6pm	2 Core & More 5:30 Cardio Danze 6pm	3 Senior Fit 9:30am No Line Dancing	4 *#4 Bootcamp 7am Yoga10:30am	5
7 Labor Day Office closed No Kids Club No Group Fitness	8 *#5 Bootcamp 7am Senior Fit 9:30am Yoga 6pm	9 Core & More 5:30 Cardio Danze 6pm	10 Senior Fit 9:30am No Line Dancing	11 *#5 Bootcamp 7am Yoga10:30am	12
14 Rise & Lift 9am Pilates-Yoga Fusion 4:45pm Cycle & Abs 6pm	15 *#6 Bootcamp 7am Senior Fit 9:30am Tone-Tastic 5:30pm Yoga 6pm	16 Core & More 5:30 Cardio Danze 6pm	17 Senior Fit 9:30am Line Dancing 6pm	18 *#6 Bootcamp 7am Yoga10:30am	19 Equipment 101 9am
21 Rise & Lift 9am Pilates-Yoga Fusion 4:45pm Cycle & Abs 6pm	22 *#7 Bootcamp 7am Senior Fit 9:30am Tone-Tastic 5:30pm Yoga 6pm	23 Core & More 5:30 Cardio Danze 6pm	24 Senior Fit 9:30am Line Dancing 6pm	25 *#7 Bootcamp 7am Yoga10:30am	26
28 Rise & Lift 9am Pilates-Yoga Fusion 4:45pm Cycle & Abs 6pm	29 *#8 Bootcamp 7am Senior Fit 9:30am Tone-Tastic 5:30pm Yoga 6pm	30 Core & More 5:30 Cardio Danze 6pm		New Office Hours Monday – Thursday 9am to 7pm Friday 9am to 4pm	*Fee Class, \$12 Drop in