

# September 2017 Fitness Schedule

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	Classes in BLUE are held in the indoor pool				1 5:30-6:15 am Fit Mix Max 6:15-6:45 am Fit Mix 8:30-9:15 am Stretch & Strengthen 9:00-10:00 am Flex & Stretch	2
3	4 No Classes  REC CLOSED  HAPPY LABOR DAY!	5 5:30-6:15 am Cycling 6:00-6:45 am Aquasthenics 8:30-9:15 am Pilates 12:00-12:30 pm Fit in 30	6 5:30-6:15 am Fit Mix Max 6:15-6:45 am Fit Mix 8:30-9:15 am Stretch & Strengthen 9:00-10:00 am Flex & Stretch 12:00-12:30 pm Fit in 30 4:15-5:00 pm Aquasthenics 6:00-6:45 pm Tai Chi (FULL)	7 5:30-6:15 am Cycling 6:00-6:45 am Aquasthenics 8:30-9:15 am Pilates 12:00-12:30 pm Fit in 30	8 5:30-6:15 am Fit Mix Max 6:15-6:45 am Fit Mix 8:30-9:15 am Stretch & Strengthen 9:00-10:00 am Flex & Stretch	9
10	11 5:30-6:15 am Fit Mix Max 6:15-6:45 am Fit Mix 8:30-9:15 am Stretch & Strengthen 9:00-10:00 am Flex & Stretch 12:00-12:30 pm Fit in 30 4:15-5:00 pm Aquasthenics	12 5:30-6:15 am Cycling 6:00-6:45 am Aquasthenics 8:30-9:15 am Pilates 12:00-12:30 pm Fit in 30	13 5:30-6:15 am Fit Mix Max 6:15-6:45 am Fit Mix 8:30-9:15 am Stretch & Strengthen 9:00-10:00 am Flex & Stretch 12:00-12:30 pm Fit in 30 4:15-5:00 pm Aquasthenics 6:00-6:45 pm Tai Chi (FULL)	14 5:30-6:15 am Cycling 6:00-6:45 am Aquasthenics 8:30-9:15 am Pilates 12:00-12:30 pm Fit in 30	15 5:30-6:15 am Fit Mix Max 6:15-6:45 am Fit Mix 8:30-9:15 am Stretch & Strengthen 9:00-10:00 am Flex & Stretch	16
17	18 5:30-6:15 am Fit Mix Max 6:15-6:45 am Fit Mix 8:30-9:15 am Stretch & Strengthen 9:00-10:00 am Flex & Stretch 12:00-12:30 pm Fit in 30 4:15-5:00 pm Aquasthenics	19 5:30-6:15 am Cycling 6:00-6:45 am Aquasthenics 8:30-9:15 am Pilates 12:00-12:30 pm Fit in 30	20 5:30-6:15 am Fit Mix Max 6:15-6:45 am Fit Mix 8:30-9:15 am Stretch & Strengthen 9:00-10:00 am Flex & Stretch 12:00-12:30 pm Fit in 30 4:15-5:00 pm Aquasthenics 6:00-6:45 pm Tai Chi (FULL)	21 5:30-6:15 am Cycling 6:00-6:45 am Aquasthenics 8:30-9:15 am Pilates 12:00-12:30 pm Fit in 30	22 5:30-6:15 am Fit Mix Max 6:15-6:45 am Fit Mix 8:30-9:15 am Stretch & Strengthen 9:00-10:00 am Flex & Stretch	23
24 Check Out the Debut of POUND at the Carroll Rec Center Monday, Sept 25	25 5:30-6:15 am Fit Mix Max 6:15-6:45 am Fit Mix 8:30-9:15 am Stretch & Strengthen 9:00-10:00 am Flex & Stretch 12:00-12:30 pm Fit in 30 4:15-5:00 pm Aquasthenics 6:00-6:45 pm POUND (PROGRAM 10 spots available)	26 5:30-6:15 am Cycling 6:00-6:45 am Aquasthenics 8:30-9:15 am Pilates 12:00-12:30 pm Fit in 30	27 5:30-6:15 am Fit Mix Max 6:15-6:45 am Fit Mix 8:30-9:15 am Stretch & Strengthen 9:15-10:00 am Flex & Stretch 12:00-12:30 pm Fit in 30 4:15-5:00 pm Aquasthenics 6:00-6:45 pm Tai Chi (FULL)	28 5:30-6:15 am Cycling 6:00-6:45 am Aquasthenics 8:30-9:15 am Pilates 12:00-12:30 pm Fit in 30	29 5:30-6:15 am Fit Mix Max 6:15-6:45 am Fit Mix 8:30-9:15 am Stretch & Strengthen 9:00-10:00 am Flex & Stretch	30