

September 2024

Monday	Tuesday	Wednesday	Thursday	Friday
2 No Fitness Happy Labor Day!	3 10:00 Water Fitness 10:30 Combo Yoga 11:30 Bone Builders 1:00 Sit and b fit 1:30 Tai Chi	4 8:15 Fitness 9:00 Fitness 10:00 Seated Flow 2:30 Exercisin' with therapy	5 9:15 Seated Yoga 10:00 Water Fitness 10:30 Combo Yoga 9:30 Bone Builders 1:00 BBB (Brain, body, balance)	6 8:15 Fitness 9:00 Fitness 10:00 Water in Motion 2:00 Meditation
9 8:15 Fitness 9:00 Fitness 10:30 Exercisin' with therapy	10 10:00 Water Fitness 10:30 Combo Yoga 11:30 Bone Builders 1:00 Sit and b fit 1:30 Tai Chi	11 8:15 Fitness 9:00 Fitness 10:00 Seated Flow 2:30 Exercisin' with therapy	12 9:15 Seated Yoga 10:00 Water Fitness 10:30 Combo Yoga 11:30 Bone Builders 1:00 BBB	13 8:15 Fitness 9:00 Fitness 10:00 Water in Motion 2:00 Meditation
16 8:15 Fitness 9:00 Fitness 10:30 Exercisin' with therapy	17 10:00 Water Fitness 10:30 Combo Yoga 11:30 Bone Builders 1:00 Sit and b fit 1:30 Tai Chi	18 8:15 Fitness 9:00 Fitness 10:00 Seated Flow 2:30 Exercisin' with therapy	19 9:15 Seated Flow 10:00 Water Fitness 10:30 Combo Yoga 11:30 Bone Builders 1:00 BBB	20 8:15 Fitness 9:00 Fitness 10:00 Water in Motion 2:00 Meditation
23 8:15 Fitness 9:00 Fitness 10:30 Exercisin' with therapy 2:30 Combo Yoga	24 10:00 Water Fitness 10:30 Combo Yoga 11:30 Bone Builders 1:00 Sit and b fit 1:30 Tai Chi	25 8:15 Fitness 9:00 Fitness 10:00 Seated Flow 2:30 Exercisin' with therapy	26 9:15 Seated Flow 10:00 Water Fitness 10:30 Combo Yoga 11:30 Bone Builders 1:00 BBB	27 8:15 Fitness 9:00 Fitness 10:00 Water in Motion 2:00 Meditation
30 No Fitness Class Active Aging Week! 10:30 Exercisin' with therapy 2:30 Combo Yoga	<ul style="list-style-type: none"> <li>➤ Classes highlighted in red will be held at the Lakeside Essence lounge.</li> <li>➤ Classes highlighted in blue are held in the Oakside Group Exercise Room.</li> <li>➤ Don't forget about the Forever Home Animal Shelter Pet Drive taking place Aug.26<sup>th</sup>-Sept.4<sup>th</sup></li> <li>➤ Active Aging Week will begin Sept. 30- Oct.4<sup>th</sup></li> <li>➤ Please check calendar for any cancellation's</li> </ul>			