

September 2023

# GROUP EXERCISE

THREE SPRINGS ROAD

\*Please join us on Saturday 9/16/23 @9:30 for a Pop Up Pilates class with Allison  
and on Saturday 9/2/23 & 9/30/23 @ 9:30 for a Pop Up Yoga class with Chie!

# MIX IT UP!

CLASSES ARE A GREAT WAY TO BREAK  
THE ROUTINE AND STAY ACTIVE!

	SUN	MON	TUES	WED	THU	FRI	SAT
5:15 - 6:15AM		<b>Total Tabata</b> -Carrie  <b>Spin</b> -Beth 9/4 -Regina 9/11 -Beth 9/18 -Allison-9/25	<b>Spin</b> -Beth  <b>Power Up</b> -Allison	<b>Spin</b> -Regina  <b>Total Body</b> -Carrie	<b>Step</b> -Carrie	<b>- Bootcamp</b> -Carrie	
8:30 - 9:30AM		<b>Power Up</b>  -Tina	<b>-Spin</b> -Chandler  <b>Zumba</b> -Ana	<b>Bootcamp</b> -Tina	<b>Spin</b> -Chandler	<b>F.I.T</b>  Ana	<b>Spin</b> -Chandler  <b>Saturday Sweat</b> Tabata-Carrie -9/2 R.I.P.P.E.D.-Regina 9/9 Power Up- Allison 9/16 Zumba-Ana-9/23 Total Body-Regina -9/30
9:30 - 10:30AM		<b>Spin</b> -Tina  <b>Stretch "N" Flex</b> -Chandler	<b>Pilates</b> -Chandler	<b>Spin</b> -Tina  <b>Stretch "N" Flex</b> -Heather		<b>Spin</b> -Beth  <b>* Yoga Stretch</b> -Chandler	<b>Pilates/Yoga</b>  Pilates-Allison (9/16) Yoga-Chie (9/2 & 9/30)
5:30 - 6:30PM		<b>Zumba</b> -Ana	<b>Cardio Mashup</b> Regina -9/5 -R.I.P.P.E.D. Peggy -9/12 -Kickboxing Carrie 9/19 -Bootcamp Peggy 9/26-Kickboxing	<b>Power Up</b> -Peggy	<b>Explosive Fitness</b> -Danny		

