



# September

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p><b>All fitness class participants must be a Recreation Center member or pay the daily guest fee prior to attending class.</b></p>					<p><b>1 CB Aerobics CANCELED</b></p> <p><b>Strength Fusion</b> 9:15 - 10:15 am</p> <p><b>Champions in Motion</b>            6:00 - 6:45 pm white belts            6:45 - 7:30 pm yellow/green            7:30 - 8:15 pm blue &amp; above</p>	<p><b>2 Zumba Toning</b> 9:00 - 10:00 am</p>
<p><b>3</b></p>	<p><b>4</b></p> <p><b>CLOSED</b> <b>Happy Labor Day!</b></p>	<p><b>5 Zumba Gold</b> 9:00 - 10:00 am</p> <p><b>Line Dance</b> 10:15 - 11:15 am</p> <p><b>Tae Kwon Do</b> 6:00 - 8:45 pm</p>	<p><b>6 CB Aerobics</b> 8:00 - 9:00 am</p> <p><b>Strength 45 - Fit</b> 9:15 - 10:00 am</p> <p><b>Moving for Better Balance</b> 10:30 - 11:30 am</p>	<p><b>7 Zumba Gold-Toning</b> 9:00 - 10:00 am</p> <p><b>Cycling</b> 10:15 - 11:10 am</p> <p><b>Raqs Sharqi Dance</b> 3:30 - 4:30 pm</p> <p><b>Guitar Lessons</b> 6:00 - 7:00 pm</p> <p><b>Zumba</b> 6:00 - 7:00 pm</p>	<p><b>8 CB Aerobics</b> 8:00 - 9:00 am</p> <p><b>Strength Fusion</b> 9:15 - 10:15 am</p> <p><b>Moving for Better Balance</b> 10:30 - 11:30 am</p> <p><b>Champions in Motion</b>            6:00 - 6:45 pm white belts            6:45 - 7:30 pm yellow/green            7:30 - 8:15 pm blue &amp; above</p>	<p><b>9</b></p> <p><b>CLOSED</b> <b>Join us for the Bike Rodeo from 2:00 - 6:00 pm!</b></p>
<p><b>10</b></p>	<p><b>11 CB Aerobics</b> 8:00 - 9:00 am</p> <p><b>Strength 45 - Fit</b> 9:15 - 10:00 am</p> <p><b>Zumba</b> 10:15 - 11:15 am</p> <p><b>Luv 2 Act</b> 4:15 - 5:45 pm</p>	<p><b>12 Zumba Gold</b> 9:00 - 10:00 am</p> <p><b>Line Dance</b> 10:15 - 11:15 am</p> <p><b>Tae Kwon Do</b> 6:00 - 8:45 pm</p>	<p><b>13 CB Aerobics</b> 8:00 - 9:00 am</p> <p><b>Strength 45 - Fit</b> 9:15 - 10:00 am</p> <p><b>Moving for Better Balance</b> 10:30 - 11:30 am</p>	<p><b>14 Zumba Gold-Toning</b> 9:00 - 10:00 am</p> <p><b>Cycling</b> 10:15 - 11:10 am</p> <p><b>Raqs Sharqi Dance</b> 3:30 - 4:30 pm</p> <p><b>Guitar Lessons</b> 6:00 - 7:00 pm</p> <p><b>Zumba</b> 6:00 - 7:00 pm</p>	<p><b>15 CB Aerobics</b> 8:00 - 9:00 am</p> <p><b>Strength Fusion</b> 9:15 - 10:15 am</p> <p><b>Moving for Better Balance</b> 10:30 - 11:30 am</p> <p><b>Champions in Motion</b>            6:00 - 6:45 pm white belts            6:45 - 7:30 pm yellow/green            7:30 - 8:15 pm blue &amp; above</p>	<p><b>16 Zumba Toning</b> 9:00 - 10:00 am</p>
<p><b>17</b></p>	<p><b>18 CB Aerobics</b> 8:00 - 9:00 am</p> <p><b>Strength 45 - Fit</b> 9:15 - 10:00 am</p> <p><b>Zumba</b> 10:15 - 11:15 am</p> <p><b>Luv 2 Act</b> 4:15 - 5:45 pm</p>	<p><b>19 Zumba Gold</b> 9:00 - 10:00 am</p> <p><b>Line Dance</b> 10:15 - 11:15 am</p> <p><b>Tae Kwon Do</b> 6:00 - 8:45 pm</p>	<p><b>20 CB Aerobics</b> 8:00 - 9:00 am</p> <p><b>Strength 45 - Fit</b> 9:15 - 10:00 am</p> <p><b>Moving for Better Balance</b> 10:30 - 11:30 am</p>	<p><b>21 Zumba Gold-Toning</b> 9:00 - 10:00 am</p> <p><b>Cycling</b> 10:15 - 11:10 am</p> <p><b>Raqs Sharqi Dance</b> 3:30 - 4:30 pm</p> <p><b>Guitar Lessons</b> 6:00 - 7:00 pm</p> <p><b>Zumba</b> 6:00 - 7:00 pm</p>	<p><b>22 CB Aerobics</b> 8:00 - 9:00 am</p> <p><b>Strength Fusion</b> 9:15 - 10:15 am</p> <p><b>Moving for Better Balance</b> 10:30 - 11:30 am</p>	<p><b>23 Zumba Toning</b> 9:00 - 10:00 am</p>
<p><b>24</b></p>	<p><b>25 CB Aerobics</b> 8:00 - 9:00 am</p> <p><b>Strength 45 - Fit</b> 9:15 - 10:00 am</p> <p><b>Zumba</b> 10:15 - 11:15 am</p> <p><b>Luv 2 Act</b> 4:15 - 5:45 pm</p>	<p><b>26 Zumba Gold</b> 9:00 - 10:00 am</p> <p><b>Line Dance</b> 10:15 - 11:15 am</p> <p><b>Tae Kwon Do</b> 6:00 - 8:45 pm</p>	<p><b>27 CB Aerobics</b> 8:00 - 9:00 am</p> <p><b>Strength 45 - Fit</b> 9:15 - 10:00 am</p> <p><b>Moving for Better Balance</b> 10:30 - 11:30 am</p> <p><b>Mini Monets</b> 4:30 - 5:15 pm</p>	<p><b>28 Zumba Gold-Toning</b> 9:00 - 10:00 am</p> <p><b>Cycling</b> 10:15 - 11:10 am</p> <p><b>Raqs Sharqi Dance</b> 3:30 - 4:30 pm</p> <p><b>Guitar Lessons</b> 6:00 - 7:00 pm</p> <p><b>Zumba</b> 6:00 - 7:00 pm</p>	<p><b>29 CB Aerobics</b> 8:00 - 9:00 am</p> <p><b>Strength Fusion</b> 9:15 - 10:15 am</p> <p><b>Moving for Better Balance</b> 10:30 - 11:30 am</p>	<p><b>30 Zumba Toning</b> 9:00 - 10:00 am</p>