



September Fitness Calendar

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|--|--|--|--|---|---|---|
|  | | | 1 Sunrise Pilates 6:45-7:45am (At the Boardwalk Stage) CB Aerobics 8-9 am Adult Guitar Lessons 9:30-10:30am Pre-School Creative Ballet 4:30-5:15 pm Mixed Workout Tae Kwon Do 6:30-8 pm | 2 Hatha Yoga 10:45-11:45 am K-4 Ballet/Jazz Dance 3-4pm Grades 1-6 Ballet/Modern/ Jazz Combination Dance 4:15-5:15 pm | 3 CB Aerobics 8-9 am Heated Slow Flow Yoga 9:30-10:30 am Tae Kwon Do 6-7 pm (White Belts) Advanced Tae Kwon Do 7-8 pm | 4 Core By the Shore 8-9 am (At the Boardwalk stage) Power Flow Yoga 10-11 am |
| 5 | 6 CB Aerobics 8-9 am Hatha Yoga 6:45-7:45 pm | 7 Morning Flow Yoga 8-9am Hatha Yoga 9:30-10:30 am Hula Hoop Fitness 5:30-6:30pm Basic Flow Yoga 6:45-7:45 pm | 8 Sunrise Pilates 6:45-7:45am (At the Boardwalk Stage) CB Aerobics 8-9 am Adult Guitar Lessons 9:30-10:30am Pre-School Creative Ballet 4:30-5:15 pm Mixed Workout Tae Kwon Do 6:30-8 pm | 9 Core Control 6:15-7:00 am (At the Boardwalk Stage) Pilates 8:30-9:30 am (At the Boardwalk Stage) Hatha Yoga 10:45-11:45 am K-4 Ballet/Jazz Dance 3-4pm Grades 1-6 Ballet/Modern/ Jazz Combination Dance 4:15-5:15 pm | 10 CB Aerobics 8-9 am Heated Slow Flow Yoga 9:30-10:30 am Tae Kwon Do 6-7 pm (White Belts) Advanced Tae Kwon Do 7-8 pm | 11 Core By the Shore 8-9 am (At the Boardwalk stage) Power Flow Yoga 10-11 am |
| 12 | 13 CB Aerobics 8-9 am Booty Camp 10-11am Intro to Hatha Yoga Series 5:30-6:30 pm Hatha Yoga 6:45-7:45 pm | 14 Core Control 6:15-7 am (At the Boardwalk Stage) Morning Flow Yoga 8-9 am Pilates 8:30-9:30 am (At the Boardwalk Stage) Hatha Yoga 9:30-10:30 am Hula Hoop Fitness 5:30-6:30pm Basic Flow Yoga 6:45-7:45 pm | 15 Sunrise Pilates 6:45-7:45am (At the Boardwalk Stage) CB Aerobics 8-9 am Adult Guitar Lessons 9:30-10:30am Pre-School Creative Ballet 4:30-5:15 pm Mixed Workout Tae Kwon Do 6:30-8 pm | 16 Core Control 6:15-7:00am (At the Boardwalk Stage) Pilates 8:30-9:30 am (At the Boardwalk Stage) Hatha Yoga 10:45-11:45 am K-4 Ballet/Jazz Dance 3-4pm Grades 1-6 Ballet/Modern/ Jazz Combination Dance 4:15-5:15 pm | 17 CB Aerobics 8-9 am Heated Slow Flow Yoga 9:30-10:30 am Tae Kwon Do 6-7 pm (White Belts) Advanced Tae Kwon Do 7-8 pm | 18 Core By the Shore 8-9 am (At the Boardwalk stage) Expressions in Oil Painting 9am-4pm Power Flow Yoga 10-11 am |
| 19 | 20 CB Aerobics 8-9 am Booty Camp 10-11am Intro to Hatha Yoga Series 5:30-6:30 pm Hatha Yoga 6:45-7:45 pm | 21 Core Control 6:15-7 am (At the Boardwalk Stage) Morning Flow Yoga 8-9 am Pilates 8:30-9:30 am (At the Boardwalk Stage) Hatha Yoga 9:30-10:30 am Hula Hoop Fitness 5:30-6:30pm Basic Flow Yoga 6:45-7:45 pm | 22 Sunrise Pilates 6:45-7:45am (At the Boardwalk Stage) CB Aerobics 8-9 am Adult Guitar Lessons 9:30-10:30am Pre-School Creative Ballet 4:30-5:15 pm Mixed Workout Tae Kwon Do 6:30-8 pm | 23 Core Control 6:15-7:00 am (At the Boardwalk Stage) Pilates 8:30-9:30 am (At the Boardwalk Stage) Hatha Yoga 10:45-11:45 am K-4 Ballet/Jazz Dance 3-4pm Grades 1-6 Ballet/Modern/ Jazz Combination Dance 4:15-5:15 pm | 24 CB Aerobics 8-9 am Heated Slow Flow Yoga 9:30-10:30 am Tae Kwon Do 6-7 pm (White Belts) Advanced Tae Kwon Do 7-8 pm | 25 Core By the Shore 8-9 am (At the Boardwalk stage) Power Flow Yoga 10-11 am |
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