




September Group Fitness Schedule – Wesley Chapel

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>3 NO CLASSES</p> 	<p>4 8:30 am- Total Abs & Barre Sculpt- Kristen (L2) 9.30am – Yoga – JoAnn (L1-2) 11:00 am- NO CLASS 7:00 pm- NO CLASS</p>	<p>5 8:30 am- Total Body- Kristen (L3) 9:30 am- Pi-Yo – Melissa (L2) 11:00 am- Chair Yoga – Marie (L1)</p>	<p>6 8:30am -Zumba – Sheila (L3) 9:45 am- Pilates-Vicki (L2) 11:00 am- NO CLASS</p>	<p>7 8:30 am- Total Body- Melissa (L3) 9:30 am- Yoga Flow- Marie (L1) 11:00 am- Senior Fitness- Earl (L1)</p>	<p>8</p>
<p>10 8:30 am-Total Body- Kristen (L3) 9.30 am- Tai Chi- Earl (L1) 6.30pm – Zumba – Betsy (L3)</p>	<p>11 8:30 am- Total Abs & Barre Sculpt- Kristen (L2) 9.30am – Yoga – JoAnn (L1-2) 11:00 am- Advanced Tai Chi – Earl (L1) 7:00 pm- M.A. Fitness- Earl (L2)</p>	<p>12 8:30 am- Total Body- Kristen (L3) 9:30 am- Pi-Yo – Melissa (L2) 11:00 am- Senior Fitness- Earl (L1)</p>	<p>13 8:30am -Zumba – Sheila (L3) 9:45 am- Pilates-Vicki (L2) 11:00 am- Advanced Tai Chi- Earl (L1)</p>	<p>14 8:30 am- Total Body- Melissa (L3) 9:30 am- Yoga Flow- Marie (L1) 11:00 am- Senior Fitness- Earl (L1)</p>	<p>15</p>
<p>17 8:30 am-Total Body- Kristen (L3) 9.30 am- Tai Chi- Earl (L1) 6.30pm – Zumba – Betsy (L3)</p>	<p>18 8:30 am- Total Abs & Barre Sculpt- Kristen (L2) 9.30am – Yoga – JoAnn (L1-2) 11:00 am- Advanced Tai Chi – Earl (L1) 7:00 pm- M.A. Fitness- Earl (L2)</p>	<p>19 8:30 am- Total Body- Kristen (L3) 9:30 am- Pi-Yo – Melissa (L2) 11:00 am- Senior Fitness- Earl (L1)</p>	<p>20 8:30am -Zumba – Sheila (L3) 9:45 am- Pilates-Vicki (L2) 11:00 am- Advanced Tai Chi- Earl (L1)</p>	<p>21 8:30 am- Total Body- Melissa (L3) 9:30 am- Yoga Flow- Marie (L1) 11:00 am- Senior Fitness- Earl (L1)</p>	<p>22</p>
<p>24 8:30 am-Total Body- Kristen (L3) 9.30 am- Tai Chi- Earl (L1) 6.30pm – Zumba – Betsy (L3)</p>	<p>25 8:30 am- Total Abs & Barre Sculpt- Kristen (L2) 9.30am – No Class 11:00 am- Advanced Tai Chi – Earl (L1) 7:00 pm- M.A. Fitness- Earl (L2)</p>	<p>26 8:30 am- Total Body- Kristen (L3) 9:30 am- Pi-Yo – Melissa (L2) 11:00 am- Senior Fitness- Earl (L1)</p>	<p>27 8:30am -Zumba – Sheila (L3) 9:45 am- Pilates-Vicki (L2) 11:00 am- Yoga w JoAnn (L1)</p>	<p>28 8:30 am- Total Body- Melissa (L3) 9:30 am- Yoga Flow- Marie (L1) 11:00 am- Senior Fitness- Earl (L1)</p>	<p>29</p>
<p>1</p>	<p>2</p>	<p>3</p>	<p>4</p>	<p>5</p>	<p>Level 1 (L1)– Beginner/Low Intensity Level 2 (L2) – Intermediate/ Moderate Intensity Level 3 (L3) – Advanced/High Intensity</p>