

SEPTEMBER



GROUP FITNESS SCHEDULE

Fitness Forum, Support Site

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:30-9:30 a.m. Pilates with Emilia	6-6:45 a.m. Hatha Yoga with Doug	8:30-9:30 a.m. Barre with Arlene	8:30-9:30 a.m. Fit Pump with Amelia	8:30-9:30 a.m. Pilates with Emilia
8:30-9:30 a.m. Spin with Sammy	8:30-9:30 a.m. Fit Pump with Amelia	8:30-9:30 a.m. Spin with Sammy	9:45-10:45 a.m. Barre with Amelia	8:30-9:30 a.m. Spin with Sammy
9:45-10:45 a.m. Circuit Training with Amelia	9:45-10:45 a.m. Strong with Amelia	9:45-10:45 a.m. Fit Pump with Amelia	4-5 p.m. Circuit Training with Amelia	9:45-10:45 a.m. Strong with Amelia
11 a.m.-Noon Fit Pump with Amelia	5:15-6:15 p.m. Spin with Carmina	11 a.m.-Noon Glutes and Core with Amelia	5:15-6:15 p.m. Spin with Carmina	11 a.m.-Noon Glutes and Core with Amelia
4-5 p.m. Zumba with Amelia	5:15-6:15 p.m. Zumba with Erna	4-5 p.m. Zumba with Amelia	6:30-7:30 p.m. Yoga Flow with Carmina	
	6:30-7:30 p.m. Yoga Flow with Carmina	5:15-6:15 a.m. Hatha Yoga with Doug		

SATURDAY
10-11 a.m. Spin with Carmina

Open to all eligible MWR patrons 18 years and older.

