

SEPTEMBER LAND CLASSES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 SilverSneakers Classic 11:45am-12:30pm	2 Power Play BC 8am-8:45am SilverSneakers Enerchi 9am-9:45am Chair Yoga 10:30am-11:15am DrumStix 11:30am-12pm Yoga 1pm-2pm	3 SilverSneakers Classic 11:45am-12:30pm Firm Body Mat 1:15pm-2pm	4 Zumba Chair 8:30am-9:15am
7 CLOSED	8 SilverSneakers Classic 11:45am-12:30pm	9 Power Play BC 8am-8:45am SilverSneakers Enerchi 9am-9:45am Chair Yoga 10:30am-11:15am DrumStix 11:30am-12pm Yoga 1pm-2pm	10 SilverSneakers Classic 11:45am-12:30pm Firm Body Mat 1:15pm-2pm	11
14 Firm Body Mat 9am-9:45am Mind Over Muscle Boot Camp 11am-11:30am	15 SilverSneakers Classic 11:45am-12:30pm	16 Power Play BC 8am-8:45am SilverSneakers Enerchi 9am-9:45am Chair Yoga 10:30am-11:15am Yoga 1pm-2pm	17 SilverSneakers Classic 11:45am-12:30pm Firm Body Mat 1:15pm-2pm	18 SilverSneakers Classic 10:30am-11:15am
21 Firm Body Mat 9am-9:45am Zumba Chair 10am-10:45am Mind Over Muscle Boot Camp 11am-11:30am	22 Yoga 9:30am-10:30am SilverSneakers Classic 11:45am-12:30pm	23 Power Play BC 8am-8:45am SilverSneakers Enerchi 9am-9:45am Chair Yoga 10:30am-11:15am DrumStix 11:30am-12pm Yoga 1pm-2pm	24 Yoga 9:30am-10:30am SilverSneakers Classic 11:45am-12:30pm Firm Body Mat 1:15pm-2pm	25 Zumba Chair 8:30am-9:15am SilverSneakers Classic 10:30am-11:15am
28 Firm Body Mat 9am-9:45am Zumba Chair 10am-10:45am Mind Over Muscle Boot Camp 11am-11:30am	29 Yoga 9:30am-10:30am SilverSneakers Classic 11:45am-12:30pm	30 Power Play BC 8am-8:45am SilverSneakers Enerchi 9am-9:45am Chair Yoga 10:30am-11:15am DrumStix 11:30am-12pm Yoga 1pm-2pm		 WEST VIEW WELLNESS CENTER