

# September 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 <b>Circuit 9:15</b> Heather	2 <b>Abs &amp; Sculpt 9:15</b> Heather  9:15 - Freda <b>Functional Fitness</b>	3 <b>Cardio 9:15</b> Jill	4
5	6 Happy Labor Day! <b>Church is closed.</b>	7 <b>Independent Walk and Strength</b>  9:15 - Freda <b>Functional Fitness</b>	8 <b>Kickboxing 9:00</b> Heather <b>*New start time!*</b>	9 <b>Stability Ball 9:00</b> Ann  9:15 - Freda <b>Functional Fitness</b>	10 <b>Cardio 9:00</b> Jill	11
12-Grandparent's Day	13 <b>Step Interval 9:00</b> Ann	14 <b>Independent Walk and Strength</b>  9:15 - Freda <b>Functional Fitness</b>	15 <b>Circuit 9:00</b> Jill	16 <b>Abs &amp; Sculpt 9:00</b> Heather  9:15 - Freda <b>Functional Fitness</b>	17 <b>Cardio 9:00</b> Heather	18
19	20 <b>Step 9:00</b> Jill	21 <b>Independent Walk and Strength</b>  9:15 - ?? <b>Functional Fitness</b>	22 <b>Kickboxing 9:00</b> Jill	23 <b>Stability Ball 9:00</b> Ann  9:15 - ?? <b>Functional Fitness</b>	24 <b>Cardio Pilates 9:00</b> Heather	25
26	27 <b>Step 9:00</b> Ann	28 <b>Independent Walk and Strength</b>  9:15 - Freda <b>Functional Fitness</b>	29 <b>Circuit 9:00</b> Heather	30 <b>Cardio Pilates 9:00</b> Ann		