

September

September Unlimited
Class Package \$57!

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
27	28	29	30	31	1 7:30 Total Tone 9:30 Forever Fit 11:00 Aqua Class 12:30 Abs n' Glutes	2 8:00 Spin Class 9:30 Chair Yoga
3	4 Labor Day No Classes Today	5 10:00 Water Yoga	6 9:00 LaBlast Dance 11:00 Aqua Class 12:30 Circuit Class	7 10:00 Water Yoga	8 7:30 Total Tone 8:30 Yoga 9:30 Forever Fit 11:00 Aqua Class 12:30 Abs n Glutes	9 8:00 Spin Class 9:30 Chair Yoga
10 7:30 Total Tone 8:30 Yoga 11:00 Aqua Class 12:30 Chair Yoga	11	12 10:00 Water Yoga	13 9:00 Barre/Pilates 11:00 Aqua Class 12:30 Circuit Class	14 10:00 Water Yoga 2:30 Restorative Yoga	15 7:30 Total Tone 9:30 Forever Fit 11:00 Aqua Class 12:30 Abs n Glutes	16 8:00 Spin Class 9:30 Chair Yoga
17 7:30 Total Tone 8:30 Yoga 11:00 Aqua Class 12:30 Chair Yoga	18	19 10:00 Water Yoga	20 11:00 Aqua Class 12:30 Circuit Class	21 10:00 Water Yoga	22 7:30 Total Tone 9:30 Forever Fit 11:00 Aqua Class 12:30 Abs n Glutes	23 8:00 Spin Class 9:30 Chair Yoga
24 7:30 Total Tone 8:30 Yoga 11:00 Aqua Class 12:30 Chair Yoga	25	26 10:00 Water Yoga 4:00 Spin Class	27 9:00 Barre/Pilates 11:00 Aqua Class 12:30 Circuit Class	28 10:00 Water Yoga 2:30 Restorative Yoga	29 7:30 Total Tone 8:30 LaBlast Dance 9:30 Forever Fit 11:00 Aqua Class 12:30 Abs n Glutes	30 8:00 Spin Class 9:30 Chair Yoga

Class Location All Classes @ Fitness Center except PP at Park. All Water Classes @ River Club pool; Fitness or Personal Training Inquiries, please email MMASTRO@PSGRC.ORG | Classes: \$10 Each: Healthy Back \$12| Personal Training: 1Hr/\$69 30min/\$39