

September 2025 Group Fitness

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 Happy Labor Day! No group fitness.	2 7:30a Strength 8:30a Strength 9:35a Flexibility 5:30p Strength	3 9:30a Core Conditioning 10:30a Fitness 101	4 7:25a Strength 8:30a Strength 5:30p Fitness 101	5 8:30a Flexibility 10:30a Fitness 101	6 9a Pietra Fitness 10:15a Core Conditioning
7	8 8:30a Strength 9:30a Strength 5:30p Fitness 101	9 7:30a Strength 8:30a Strength 9:35a Flexibility 5:30p Strength	10 9:30a Core Conditioning 10:30a Fitness 101 5:30p Pietra	11 7:25a Strength 8:30a Strength 5:30p Fitness 101	12 8:30a Flexibility 10:30a Fitness 101	13 10:15a Core Conditioning
14	15 8:30a Strength 9:30a Strength 5:30p Fitness 101	16 7:30a Strength 8:30a Strength 9:35a Flexibility 5:30p Strength	17 9:30a Core Conditioning 10:30a Fitness 101	18 7:25a Strength 8:30a Strength 5:30p Fitness 101	19 8:30a Flexibility 10:30a Fitness 101	20 9a Pietra Fitness 10:15a Core Conditioning
21	22 8:30a Strength 9:30a Strength 5:30p Fitness 101	23 7:30a Strength 8:30a Strength 9:35a Flexibility 5:30p Strength	24 9:30a Core Conditioning 10:30a Fitness 101	25 7:25a Strength 8:30a Strength 5:30p Fitness 101	26 8:30a Flexibility 10:30a Fitness 101	27 9a Pietra Fitness 10:15a Core Conditioning
28	29 8:30a Strength 9:30a Strength 5:30p Fitness 101	30 7:30a Strength 8:30a Strength 9:35a Flexibility 5:30p Strength				

September 2025 Semi-Privates

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 9a Pilates 9:50a Pilates Happy Labor Day!	2 8:30a Pilates 9:30a Pilates 10:30a Pilates 4p Strength 4:45p Pilates 5:35p Pilates	3 5:40a Strength 6:30a Strength 7:45a/8:35a Pilates 10:35a Pilates 11:30a Pilates 4:45p/5:35 Pilates	4 9:30a Pilates 10:30a Pilates 4:30p Strength 4:45p Pilates 5:35p Pilates	5 5:40a Strength 6:30a Strength 9:30a Pilates 11:15a Pilates	6 9:15a Pilates 10:05a Pilates
7	8 6:30a Pilates 9:30a Pilates 10:30a Pilates 4:30p Strength 4:45p Pilates 5:35p Pilates	9 8:30a Pilates 9:30a Pilates 10:30a Pilates 4p Strength 4:45p Pilates 5:35p Pilates	10 5:40a Strength 6:30a Strength 7:45a/8:35a Pilates 10:35a Pilates 11:30a Pilates 4:45p/5:35 Pilates	11 9:30a Pilates 10:30a Pilates 4:30p Strength 4:45p Pilates 5:35p Pilates	12 5:40a Strength 6:30a Strength 9:30a Pilates 11:15a Pilates	13 8:25a Pilates 9:15a Pilates 10:05a Pilates
14	15 6:30a Pilates 9:30a Pilates 10:30a Pilates 4:30p Strength 4:45p Pilates 5:35p Pilates	16 8:30a Pilates 9:30a Pilates 10:30a Pilates 4p Strength 4:45p Pilates 5:35p Pilates	17 5:40a Strength 6:30a Strength 7:45a/8:35a Pilates 10:35a Pilates 11:30a Pilates 4:45p/5:35p Pilates	18 9:30a Pilates 10:30a Pilates 4:30p Strength 4:45p Pilates 5:35p Pilates	19 5:40a Strength 6:30a Strength 9:30a Pilates 11:15a Pilates	20 9:15a Pilates 10:05a Pilates
21	22 6:30a Pilates 9:30a Pilates 10:30a Pilates 4:30p Strength 4:45p Pilates 5:35p Pilates	23 8:30a Pilates 9:30a Pilates 10:30a Pilates 4p Strength 4:45p Pilates 5:35p Pilates	24 5:40a Strength 6:30a Strength 7:45a/8:35a Pilates 10:35a Pilates 11:30a Pilates 4:45p/5:35p Pilates	25 9:30a Pilates 10:30a Pilates 4:30p Strength 4:45p Pilates 5:35p Pilates	26 5:40a Strength 6:30a Strength 9:30a Pilates 11:15a Pilates	27 8:25a Pilates 9:15a Pilates
28	29 6:30a Pilates 9:30a Pilates 10:30a Pilates 4:30p Strength 4:45p Pilates 5:35p Pilates	30 8:30a Pilates 9:30a Pilates 10:30a Pilates 4p Strength 4:45p Pilates 5:35p Pilates				