

9

SEPTEMBER

2017

ADDITIONAL CLASS CALENDAR

Weekends
Demos
TRX
Rowing























NOTES:

Welcome back to Fall at Western! This month enjoy the return of the Friday evening class (Biker Chicks & Cardio Dance) and the Sunday Snippet!

This month's Sunday Snippet will be yoga in celebration of National Yoga Month! Come try one of our instructors' fun twists (pun intended) on yoga each Sunday in September at 1:00pm.

Plus, don't forget to sign up for our Cats on Mats fundraiser on Sept. 24th!

Visit westernracquet.com for more details!

SUN	MON	TUES	WED	THURS	FRI	SAT
					1	2
					 5:30pm CARDIO DANCE with Stephanie	8:00am CYCLING with Amanda 9:00am STRENGTH with Becky 10:00am YOGA with Nichelle
3	4	5	6	7	8	9
 1:00pm Yin & Yang Yoga with Nichelle	LABOR DAY CLUB IS CLOSED	4:30pm TRX101 with Amanda(FREE) 5:30pm TRX Express Lower Body with Amanda	 5:30pm with Jane	 11:15am with Dan	 5:30pm with Peggy	8:00am - ZUMBA with Stephanie 9:00am TRX101 with Peggy(FREE) 9:00am - STRENGTH with Amy M.  10:00am with Peggy 10:00am - YOGA with Jackie S.
10	11	12	13	14	15	16
SHOCKWAVE 12:00pm with Amanda  1:00pm Bring Back the 90's Yoga with Amy X.	 10:00am with Dan		TRX SESSION SIGN-UP	 6:00am with Lisa	 5:30pm CARDIO DANCE with Stephanie	8:00am PIYO STRENGTH with Lisa 9:00am STRENGTH with Amy M. 10:00am YOGA with Mandy
17	18	19	20	21	22	23
 1:00pm Arm Balances & Inversions with Jackie S.	 10:00am with Kari  5:30pm with Alissa	 5:00pm with Jessie	 12:00pm with Dan		 5:30pm with Brooke	8:00am SHRED with Eric 9:00am STRENGTH with Joy 10:00am YOGA with Nichelle
24	25	26	27	28	29	30
 12:00 - 12:45pm 1:00 - 1:30 Family Class  1:00pm Get Twisted Yoga with Mandy	 10:00am with Kari TRX SESSION BEGINS	 5:00pm with Jessie		 5:30am with Lisa NO FRIDAY EVENING CLASS	8:00am P3 + TOYS with Peggy  9:00am - with Peggy 9:00am STRENGTH with Taeler 10:00am YOGA with Marti	