

9

September

2018

ADDITIONAL CLASS CALENDAR

Weekends
Demos
TRX
Rowing

NOTES
































Reminder: All Premier class offerings (rowing & TRX classes) have required sign up due to limited space.

Please sign up at westernracquet.com or by calling the front desk at 497-1161.

THE SUNDAY SNIPPET IS BACK!!
Join us for classes in honor of National Yoga Month!

We are so excited to launch the newest addition to our vast array of classes. Barre combines all the best aspects of ballet, yoga and Pilates into one dynamic 45 minute class. You'll enjoy the low impact exercises designed to build functional strength, condition and tone, paired with music to keep you motivated. No previous dance experience is necessary!

Don't forget to arrive up to 30 minutes early to reserve your spot at the front desk!

SUN	MON	TUES	WED	THURS	FRI	SAT
						 ¹ *8:00am with Nichelle 9:00am - STRENGTH with Sheila 10:00am - YOGA with Cathy
2	3 	4  *10:00am with Nichelle	5 TRX Session Sign-up	6  *12:00pm with Nichelle	7  *5:30pm with Nichelle	TRX101 *7:45am with Becky V. (FREE)  8:00am with Erin D.  *9:00am with Peggy 9:00am - STRENGTH with Becky V. 10:00am - YOGA with Mandy
9  1:00pm Back to Basics with Jackie S.	10  *10:00am with Dan  *10:15am with Becky W.	11 TRX *DROP-IN 7:45am with Katie  *5:30pm with Jessie	12	13  *5:30pm with Becky W.	14  *11:00am with Becky W.  *5:30pm with Amanda B.	15  *8:00am with Becky W.  *9:00am with Lisa 9:00am - STRENGTH with Stephanie L. 10:00am - YOGA with Jackie S.
16  1:00pm Mindful Movements with Michaela	17  *10:00am with Stacy R. TRX Session Begins TRX101 *5:30pm with Katie (FREE)	18  *10:00am with Nichelle	19	20  *12:00pm with Becky W. TRX+ROW *5:45pm with Katie	21  *5:30pm with Becky W.	22  8:00am with Lisa 9:00am - STRENGTH with Joy 10:00am - YOGA with Hailey
23  1:00pm Inner Fire Flow with Billie	24  *10:00am with Becky W.	25  *5:30pm with Jessie	26  *10:00am with Becky W.	27  *5:30pm with Nichelle	28  *11:00am with Becky W.  *5:30pm with Amanda B.	29 *8:00am - CYCLING with Amanda B.  *9:00am with Amanda B. 9:00am - STRENGTH with Amy M. 10:00am - YOGA with Amy X.
30  1:00pm All About the Hips with Cathy						

*MUST SIGN UP AT FRONT DESK