

arbor fit club

September

All GroupX classes are FREE with your AFC membership or \$15 drop-in fee!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
27 10:00a Cycle Beth B. 11:30a DanceFit Victoria 1:00p Yoga Diane 4:00p Bodypump Mara	28 9:00a Cycling Jill 5:30p Bodypump Beth 6:30p DanceFit Micheline	29 6:30a Bodypump Sharon 12:00p Cycle Jill 5:30p Cycle Laqueeta 6:35p Bodypump Brandi 7:40p Yoga Eliza	30 9:00a Bodypump Erica 5:30p Bodypump Beth 6:30p DanceFit Kelly	31 6:30a Bodypump Nina 12:00p Cycle Jill 5:30p Bodypump Brandi 6:30p Cycle Beth B. 7:30p Yoga Eliza	1 9:00a Cycle Michael A. 5:30p Bodypump Nina	2 9:05 a Cycle Laqueeta 10:10a Bodypump Laqueeta
3 10:00a Cycle Beth B. 11:30a DanceFit Victoria 1:00p Yoga Diane 4:00p Bodypump Nina	4 Labor Day 9:00 Bodypump Beth 10:10 Cycle Beth	5 6:30a Bodypump Sharon 7:45 Yogalattes Sharon 12:00p Cycle Jill 5:30p Cycle Laqueeta 6:35p Bodypump Brandi 7:40p Yoga Eliza	6 7:00a Cycle Beat Sharon 9:00a Bodypump Erica 5:30p Bodypump Beth 6:30p DanceFit Micheline	7 6:30a Bodypump Nina 12:00p Cycle Jill 5:30p Bodypump Brandi 6:30p Cycle Kathryn 7:30p Yoga Eliza	8 9:00a Cycle Michael A. 5:30p Bodypump Nina	9 9:05 a Cycle Laqueeta 10:10a Bodypump Laqueeta
10 10:00a Cycle Beth B. 11:30a DanceFit Victoria	11 9:00a Cycling Jill 5:30p Bodypump Beth 6:30p DanceFit Micheline	12 6:30a Bodypump Sharon 7:45 Yogalattes Sharon 12:00p Cycle Jill 5:30p Cycle Laqueeta 6:35p Bodypump Brandi 7:40p Yoga Eliza	13 7:00a Cycle Beat Sharon 9:00a Bodypump Erica 5:30p Bodypump Beth 6:30p DanceFit Kelly	14 6:30a Bodypump Nina 12:00p Cycle Jill 5:30p Bodypump Brandi 6:30p Cycle Kathryn 7:30p Yoga Eliza	15 9:00a Cycle Michael A.	16 8:00a Bodypump Mara 9:05 a Cycle Laqueeta 10:10a Bodypump Cindy
17 10:00a Cycle Beth B. 11:30a DanceFit Victoria 1:00p Yoga Diane 4:00p Bodypump Mara	18 9:00a Cycling Jill 5:30p Bodypump Beth 6:30p DanceFit Micheline	19 6:30a Bodypump Sharon 7:45 Yogalattes Sharon 12:00p Cycle Jill 5:30p Cycle Laqueeta 6:35p Bodypump Brandi 7:40p Yoga Eliza	20 7:00a Cycle Beat Sharon 9:00a Bodypump Erica 5:30p Bodypump Beth 6:30p DanceFit Kelly	21 6:30a Bodypump Nina 12:00p Cycle Jill 5:30p Bodypump Brandi 6:30p Cycle Kathryn 7:30p Yoga Eliza	22 6:00 Cx Works Nina 9:00a Cycle Michael A. 5:30p Bodypump Nina	23 8:00a Bodypump Cindy 9:05 a Cycle Laqueeta 10:10a Bodypump Laqueeta
24 10:00a Cycle Beth B. 11:30a DanceFit Victoria 1:00p Yoga Diane 4:00p Bodypump Nina	25 6:00 CX Works Nina 9:00a Cycling Jill 5:30p Bodypump Beth 6:30p DanceFit Micheline	26 6:30a Bodypump Sharon 7:45 Yogalattes Sharon 12:00p Cycle Jill 5:30p Cycle Laqueeta 6:35p Bodypump Brandi 7:40p Yoga Eliza	27 7:00a Cycle Beat Sharon 9:00a Bodypump Erica 5:30p Bodypump Beth 6:30p DanceFit Kelly	28 6:30a Bodypump Nina 12:00p Cycle Jill 5:30p Bodypump Brandi 6:30p Cycle Kathryn 7:30p Yoga Eliza	29 9:00a Cycle Michael A. 5:30p Bodypump Nina	30 8:00a Bodypump Mara 9:05 a Cycle Laqueeta 10:10a Bodypump Cindy