

# September Fitness



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
						<b>1</b> 8 summit hike/summit yoga <b>Triathafun:</b> 9a yoga 10a hike 11a aquafit 4p yoga
<b>2</b> 8am Summit Hike/Summit Yoga 9am yoga  530p cardiostrength Gym class	<b>3</b> 1030 aquafit  6p yoga	<b>4</b> 9a gentle yoga  530 yoga	<b>5</b> 1030a aquafit  530 grateful yoga	<b>6</b>  430 yoga	<b>7</b> 8a xPressFit 8asummit hike/summit yoga 9a yoga 11a aquafit 4p yoga	<b>8</b> 8 summit hike/summit yoga 9a yoga  4p yoga
<b>9</b> 9am yoga  530p cardiostrength Gym class	<b>10</b> 1030 aquafit  6p yoga	<b>11</b> 9a gentle yoga  530 yoga	<b>12</b> 1030a aquafit  530 grateful yoga	<b>13</b>  430 yoga	<b>14</b> 8a xPressFit 8asummit hike/summit yoga 9a yoga 11a aquafit 4p yoga	<b>15</b> 8 summit hike/summit yoga 9a yoga  4p yoga
<b>16</b> 9am yoga  530p cardiostrength Gym class	<b>17</b> 1030 aquafit  6p yoga	<b>18</b> 9a gentle yoga  530 yoga	<b>19</b> 1030a aquafit  530 grateful yoga	<b>20</b>  430 yoga	<b>21</b> 8a xPressFit 8asummit hike/summit yoga 9a yoga 11a aquafit 4p yoga	<b>22</b> 8 summit hike/summit yoga 9a yoga  4p yoga
<b>23</b> 9am yoga  530p cardiostrength Gym class	<b>24</b> 1030 aquafit  6p yoga	<b>25</b> 9a gentle yoga  530 yoga	<b>26</b> 1030a aquafit  530 grateful yoga	<b>27</b>  430 yoga	<b>28</b> 8a xPressFit 8asummit hike/summit yoga 9a yoga 11a aquafit 4p yoga	<b>29</b> 8 summit hike/summit yoga 9a yoga  4p yoga
<b>30</b> 9am yoga  530p cardiostrength Gym class						<b>Class \$12</b> <b>Class 10/\$80</b>  <b>Monthly Unlimited \$100</b>