

WILKES EXPRESS YMCA

September

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 <i>NO CLASSES</i>	2 5:45 Cycle AN 12:10 No Excuses BB 5:35 Beg. Pilates JR 6:35 Intervals JT	3 9:00 Senior Stretch JC 12:10 Toning MW 2:00 Silver Sneakers JV 5:35 Zumba JT 6:20 Kickboxing JT	4 5:45 Cycle BH 9:00Lozumba JT 12:10 Cardio MW 5:35 Aerobics 101 JT 6:35 Toning JT	5 12:10 Step & Tone NJ 2:00 Silver Sneakers JV	6
7	8 8:45 Zumba CB 9:45 Senior Stretch JC 12:10 Pump RP 5:35 Cycle JR 6:35 Yoga JC	9 5:45 Cycle AN 12:10 No Excuses BB 5:35 Beg. Pilates JR 6:35 Intervals JT	10 9:00 Senior Stretch JC 12:10 Toning MW 2:00 Silver Sneakers JV 5:35 Zumba EA 6:20 Kickboxing EA	11 AEROBIC STUDIO CLOSED FOR FLOOR REFINISHING <i>CLASSES ON THE TRACK</i> 12:10 CARDIO MW 5:35 Aerobics 101 JT	12	13
14	15 AEROBIC STUDIO CLOSED FOR FLOOR REFINISHING <i>CLASSES ON TRACK</i> 12:10 Pilates JR <i>CLASSES IN CLASSROOM</i> 9:45 Senior Stretch JC 6:35 Yoga JC	16 <i>CLASSES ON TRACK</i> 12:10 No Excuses BB 5:35 Pilates JR 6:35 Intervals JT	17 <i>CLASSES ON TRACK</i> 12:10 TONING MW 5:35 Kickboxing AE <i>CLASSES in CLASSROOM</i> 9:00 senior Stretch JC	18 <i>CLASSES ON TRACK</i> 12:10 Cardio MW 5:35 Aerobics 101 JT	19 12:10 Step & Tone NJ 2:00 Silver Sneakers JV	20
21	22 8:45 Zumba CB 9:45 Senior Stretch JC 12:10 Pump RP 5:35 Cycle JR 6:35 Yoga JC	23 5:45 Cycle AN 12:10 No Excuses BB 5:35 Beg. Pilates JR 6:35 Intervals JT	24 9:00 Senior Stretch JC 12:10 Toning MW 2:00 Silver Sneakers JV 5:35 Zumba EA 6:20 Kickboxing EA	25 5:45 Cycle BH 9:00Lozumba JT 12:10 Cardio MW 5:35 Aerobics 101 JT 6:35 Toning JT	26 12:10 Step & Tone NJ 2:00 Silver Sneakers JV	27
28	29 8:45 Zumba CB 9:45 Senior Stretch JC 12:10 Pilates JR 5:35 Cycle JR 6:35 Yoga JC	30 5:45 Cycle AN 12:10 No Excuses BB 5:35 Beg. Pilates JR 6:35 Intervals JT				