

## Carmel Fitness Class Calendar – September 2014

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1  Labor Day No Classes	2	3 8:15 Pilates-Eva 9:15 Step/Sculpt-Jenny 10:15 Total Strength-Maria 11:15 Beg/Intermediate Cardio Dance/Sculpt-Jenny	4	5 8:15 Pilates-Tracie 9:15 Circuit Training-Tracie 10:15 Kickboxing-Maria 11:15 Beg/Intermediate Cardio/Sculpt-Maria	6
7 Join us in Worship 8:00, 9:30 or 11:00	8 8:15 Pilates-Eva 9:15 Zumba-Maria 10:15 Tabata- Andrea 11:15 Beg/Intermediate Cardio Interval-Andrea	9	10 8:15 Pilates-Eva 9:15 Cardio Dance/Sculpt- Jenny 10:15 Total Strength-Tracie 11:15 Beg/Intermediate Cardio Interval-Jenny	11	12 8:15 Yoga-Eva 9:15 Circuit Training-Tracie 10:15 Kickboxing-Maria 11:15 Beg/Intermediate Cardio/Sculpt-Maria	13
14 Join us in Worship 8:00, 9:30 or 11:00	15 8:15 Pilates-Eva 9:15 Zumba-Maria 10:15 Tabata- Andrea 11:15 Beg/Intermediate Cardio Interval-Andrea	16	17 8:15 Pilates-Eva 9:15 Step/Sculpt-Jenny 10:15 Total Strength-Tracie 11:15 Beg/Intermediate Cardio Dance/Sculpt-Jenny	18	19 8:15 Yoga-Eva 9:15 Circuit Training-Tracie 10:15 Kickboxing-Maria 11:15 Beg/Intermediate Cardio/Sculpt-Maria	20
21 Join us in Worship 8:00, 9:30 or 11:00	22 8:15 Pilates-Eva 9:15 Zumba-Maria 10:15 Tabata- Andrea 11:15 Beg/Intermediate Cardio Interval-Andrea	23	24 8:15 Pilates-Eva 9:15 Cardio Dance/Sculpt- Jenny 10:15 Total Strength-Tracie 11:15 Beg/Intermediate Cardio Interval-Jenny	25	26 8:15 Yoga-Eva 9:15 Kickboxing-Maria 10:15 Circuit Training-Tracie 11:15 Beg/Intermediate Cardio/Sculpt-Tracie	27
28 Join us in Worship 8:00, 9:30 or 11:00	29 8:15 Pilates-Eva 9:15 Zumba-Maria 10:15 Tabata- Andrea 11:15 Beg/Intermediate Cardio Interval-Andrea	30				