



September 2021 Employee Group Exercise Schedule



Monday	Tuesday	Wednesday	Thursday	Friday
		1 12:00-12:30pm Pilates 4:30 - 5:00pm On the Ball	2 12:00-12:30pm Body Blast 4:30 - 5:00pm NO CLASS	3
6 NO CLASS HAPPY LABOR DAY!	7 12:00-12:30pm Core & Cardio 4:30 - 5:00pm Body Blast	8 12:00-12:30pm Tabata 4:30 - 5:00pm NO CLASS	9 12:00-12:30pm Butts & Guts 4:30 - 5:00pm Tabata	10
13 12:00-12:30pm Yoga w/Erika 4:30 - 5:00pm On the Ball	14 12:00-12:30pm Total Body Tone 4:30-5:00pm Cardio & Strength	15 12:00-12:30pm Barre w/Erika 4:30 - 5:00pm Tabata	16 12:00-12:30pm Tabata 4:30 - 5:00pm Core & Cardio	17
20 12:00-12:30pm Yoga w/Erika 4:30 - 5:00pm Body Blast	21 12:00-12:30pm On the Ball 4:30 - 5:00pm Butts & Guts	22 12:00-12:30pm Barre w/Erika 4:30 - 5:00pm Tabata	23 12:00-12:30pm Cardio & Strength 4:30 - 5:00pm On the Ball	24
27 12:00-12:30pm Yoga w/Erika 4:30 - 5:00pm NO CLASS	28 12:00-12:30pm Body Blast 4:30 - 5:00pm Total Body Tone	29 12:00-12:30pm Barre w/Erika 4:30 - 5:00pm Tabata	30 12:00-12:30pm Tabata 4:30 - 5:00pm Body Blast	

Classes are limited to 8 participants, and you must use Sign Up Genius to reserve a spot for classes. It can be found under the Health & Fitness Tab on the bulletin board.

Please contact Jason at ext. 6252 or by email for any questions.