


# September 2016 Group Exercise Schedule

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<a href="http://www.progressfitnesspa.com">www.progressfitnesspa.com</a> 717-972-0322 2201 Paxton Church Road		<b>Non-member drop-in rate is only \$5!</b> <b>And, your very first class is FREE!</b>	<b>1</b> 9:15 am Zumba® - Vickie 10:30 am Mat Pilates Elaine  5:30 pm Cycling- Darla 6:30 pm Zumba® -Kristen	<b>2</b> 10:30 am Line Dancing (advanced) Liza	<b>3</b> 9:30 am Cycling- Mandy
<b>4</b> 8:15 am Cycling – Liza 8:30 am HIIT- Dennis 9:30 am Zumba® - Joy  * Zumba Kids classes are 30 minutes	<b>5</b> 8:30am Step- Vickie 9:30am Cycling- Liza 9:30am Zumba® Kids Joy <b>Happy Labor Day!</b>	<b>6</b> 9:15 am Zumba®- Paula  5:30 pm Yoga – Sharon 6:30 pm Zumba® -Kristen	<b>7</b> 5:30 am Cycling -Hannah 9:15 am Tabata & Toning Liza  5:15 pm TurboKick- Sunny	<b>8</b> 9:15 am Zumba® - Vickie 10:30 am Mat Pilates Elaine  5:30 pm Cycling – Mandy 6:30 pm Zumba® -Kristen	<b>9</b> 10:30 am Line Dancing (advanced) Liza 11:30 am Line Dancing (beginner 30 min) Liza	<b>10</b> 8:00 am Step- Vickie 9:30 am Cycling- Jim
<b>11</b> 8:15 am Cycling – Liza 8:30 am HIIT- Dennis 9:30 am Zumba®- Joy	<b>12</b> 9:15 am Boot Camp Vickie  6:00 pm Zumba® Kids Canceled 6:30 pm Cycling- Liza	<b>13</b> 9:15 am Zumba®- Paula  5:30 pm Yoga – Sharon 6:30 pm Zumba® -Kristen	<b>14</b> 5:30 am Cycling -Darla 9:15 am Tabata & Toning Liza  5:15 pm TurboKick- Sunny	<b>15</b> 9:15 am Zumba® - Vickie 10:30 am Mat Pilates Elaine  5:30 pm Cycling – Mandy 6:30 pm Zumba® -Kristen	<b>16</b> 10:30 am Line Dancing (advanced) Liza	<b>17</b> 8:00 am Tabata & Toning- Vickie  9:30 am Cycling- Mandy
<b>18</b> 8:15 am Cycling- Liza 8:30 am HIIT- Dennis 9:30 am Zumba® - Joy	<b>19</b> 9:15 am Boot Camp Vickie  6:00 pm Zumba® Kids Joy 6:30 pm Cycling - Liza	<b>20</b> 9:15 am Zumba®- Paula  5:30 pm Yoga – Hannah 6:30 pm Zumba® -Kristen	<b>21</b> 5:30 am Cycling –Hannah 9:15 am Tabata & Toning Liza  5:00 pm Power Yoga- Jill	<b>22</b> 9:15 am Zumba®- Vickie 10:30 am Mat Pilates Elaine  5:30 pm Cycling – Mandy 6:30 pm Zumba® -Kristen	<b>23</b> 10:30 am Line Dancing (advanced) Liza 11:30 am Line Dancing (beginner 30 min) Liza	<b>24</b> 9:00 am Yoga 9:30 am- Cycling- Ilene 9:30 am Zumba 10:30 am Barre Blend  <b>Open House</b>
<b>25</b> 8:15 am Cycling – Liza 8:30 am HIIT- Dennis 9:30 am Zumba® - Joy	<b>26</b> 9:15 am Boot Camp Vickie  6:00 pm Zumba® Kids Joy 6:30 pm Cycling - Liza	<b>27</b> 9:15 am Zumba®- Paula  5:30 pm Yoga – Sharon 6:30 pm Zumba® -Kristen	<b>28</b> 5:30 am Cycling -Darla 9:15 am Tabata & Toning Liza  5:15 pm Barre Blend- Steph	<b>29</b> 9:15 am Zumba®- Vickie 10:30 am Mat Pilates Elaine  5:30 pm Cycling – Mandy 6:30 pm Zumba® -Kristen	<b>30</b> 10:30 am Line Dancing (advanced) Liza	