


# September 2017 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> 10:30 am Line Dancing (advanced) Liza	<b>2</b> 8:00 am Step- Vickie 9:15 am Barre Blend- Steph 9:30 am Cycling- Mandy
<b>3</b> 8:15 am Cycling – Liza 9:30 am Zumba® - Joy  <i>* Zumba Kids classes are 30 minutes</i>	<b>4</b> 8:30am Step- Vickie 9:30am Cycling- Liza  <b>Happy Labor Day!</b>	<b>5</b> 9:15 am Zumba®- Paula  5:30 pm Yoga – Sharon 6:30 pm Zumba® -Kristen	<b>6</b> 5:30 am Cycling -Jim 9:15 am Tabata & Toning Liza	<b>7</b> 10:00 am Mat Pilates Elaine  5:30 pm Cycling- Cara 6:30 pm Zumba® -Kristen	<b>8</b> 10:30 am Line Dancing (advanced) Liza	<b>9</b> 8:00 am Tabata & Toning- Vickie 9:30 am Cycling- Jim
<b>10</b> 8:15 am Cycling – Liza 9:30 am Zumba®- Joy	<b>11</b> 9:15 am Boot Camp Vickie  6:00 pm Zumba® Kids Joy 6:30 pm Cycling- Liza	<b>12</b> 9:15 am Zumba®- Paula  5:30 pm Yoga – Sharon 6:30 pm Zumba® -Kristen	<b>13</b> 5:30 am Cycling -Cara 9:15 am Tabata & Toning Liza	<b>14</b> 10:00 am Mat Pilates Elaine  5:30 pm Cycling- Mandy 6:30 pm Zumba® -Kristen	<b>15</b> 10:30 am Line Dancing (advanced) Liza	<b>16</b> 8:00 am Step- Vickie 9:30 am Cycling- Mandy
<b>17</b> 8:15 am Cycling- Liza 9:30 am Zumba® - Joy	<b>18</b> 9:15 am Boot Camp Vickie  6:00 pm Zumba® Kids Joy 6:30 pm Cycling - Liza	<b>19</b> 9:15 am Zumba®- Paula  5:30 pm Yoga – Sharon 6:30 pm Zumba® -Kristen	<b>20</b> 5:30 am Cycling –Cara 9:15 am Tabata & Toning Liza	<b>21</b> 10:00 am Mat Pilates Elaine  5:30 pm Cycling- Liza 6:30 pm Zumba® -Kristen	<b>22</b> 10:30 am Line Dancing (advanced) Liza	<b>23</b> 8:00 am Tabata & Toning- Vickie 9:15 am Barre Blend- Steph 9:30 am Cycling- Ilene
<b>24</b> 8:15 am Cycling – Liza 9:30 am Zumba® - Joy	<b>25</b> 9:15 am Boot Camp Vickie  6:00 pm Zumba® Kids Joy 6:30 pm Cycling - Liza	<b>26</b> 9:15 am Zumba®- Paula  5:30 pm Yoga – Sharon 6:30 pm Zumba® -Kristen	<b>27</b> 5:30 am Cycling -Cara 9:15 am Tabata & Toning Liza	<b>28</b> 10:00 am Mat Pilates Elaine  5:30 pm Cycling – Mandy 6:30 pm Zumba® -Kristen	<b>29</b> 10:30 am Line Dancing (advanced) Liza	<b>30</b> 8:00 am Step- Vickie 9:15 am Barre Blend- Steph 9:30 am Cycling- Mandy