**September 2013 St. Clair Fitness Center**

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| **Sunday** | **Monday** | **Tuesday** | **Wednesday** | **Thursday**  | **Friday** | **Saturday** |
| **1** | **2** **Labor Day****No classes.**  | 3 Gentle Yoga 4 :30-5:30pm Zumba -6:30-7:30pm  | **4** Tune Up 8:30-9:30amCut to the Core 5:00-5:30pmTRX Express 5:45-6:15pmStretch and Flex Express 6:30-7:00pmKettle Bell Express 7:15-7:45  | 5 Yoga for Health  5:30-6:25pm Zumba Circuit  6:30-7:30pm  | **6** Cut to the Core8:30am- 9:00am | **7** |
| **8** | **9** TRX/ Kettle Bell Camp 5:00-5:45am5:45-6:30amTune Up 8:30-9:30amCircuit Unlimited  5:30-6:15pm | **10** Rise and Shine Boot camp 5:00- 6am Gentle Yoga 4 :30-5:30pm Zumba -6:30-7:30pm  | **11** Yoga for Health  5:00-6:00am  Tune Up 8:30-9:30am Cut to the Core 5:00-5:30pmTRX Express 5:45-6:15pmStretch and Flex Express 6:30-7:00pmKettle Bell Express 7:15-7:45 | **12** TRX/ Kettle Bell Camp 5:00-5:45am5:45-6:30amYoga for Health  5:30-6:25pm Zumba Circuit  6:30-7:30pm  | **13** Rise and Shine Boot camp  5:00- 6am Cut to the Core8:30am- 9:00am | **14** |
| **15** Yoga for Health 5:30-6:30pmCut to the Core 6:40- 7:10pm  | **16** TRX/ Kettle Bell Camp 5:00-5:45am5:45-6:30am Tune Up 8:30-9:30amCircuit Unlimited  5:30-6:15pm | **17** Rise and Shine Boot camp 5:00- 6am  Gentle Yoga 4 :30-5:30pm Zumba -6:30-7:30pm  | **18** Yoga for Health  5:00-6:00am Tune Up 8:30-9:30am Cut to the Core 5:00-5:30pmTRX Express 5:45-6:15pmStretch and Flex Express 6:30-7:00pmKettle Bell Express 7:15-7:45 | **19**TRX/ Kettle Bell Camp 5:00-5:45am5:45-6:30amYoga for Health  5:30-6:25pm Zumba Circuit  6:30-7:30pm  | **20** Rise and Shine Boot camp 5:00- 6am Cut to the Core8:30am- 9:00am | **21** |
| **22** | **23** TRX/ Kettle Bell Camp 5:00-5:45am5:45-6:30am Tune Up 8:30-9:30amCircuit Unlimited  5:30-6:15pm | **24** Rise and Shine Boot camp  5:00- 6am Gentle Yoga 4 :30-5:30pm Zumba -6:30-7:30pm  | **25** Yoga for Health  5:00-6:00am  Tune Up 8:30-9:30am Cut to the Core 5:00-5:30pmTRX Express 5:45-6:15pmStretch and Flex Express 6:30-7:00pmKettle Bell Express 7:15-7:45 | **26** TRX/ Kettle Bell Camp 5:00-5:45am5:45-6:30amYoga for Health  5:30-6:25pm Zumba Circuit  6:30-7:30pm  | **27** Rise and Shine Boot camp 5:00- 6am  Cut to the Core8:30am- 9:00am | **28** |
| **29** Yoga for Health 5:30-6:30pmCut to the Core 6:40- 7:10pm  | **30** TRX/ Kettle Bell Camp 5:00-5:45am5:45-:6:30am Tune Up 8:30-9:30amCircuit Unlimited  5:30-6:15pm |  | Classes are ongoing **with no registration required!** Attend when it works with your schedule. All classes held at the St. Clair American Legion.5:00 am TRX/Kettle Bell are preregistration only. | **Punch cards are $50 for 10 classes or $7 for drop ins.** **Punch cards may be purchased at class or through St. Clair Community Education** | Come check out St. Clair Fitness Center and what is new for Fall! **NEW****Wednesday night lineup of express classes**. **5:00am Wednesday Yoga for Health** |  |