**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 8:30-9:30am  Cut to the Core 5:00-5:30pm  TRX Express 5:45-6:15pm  Stretch and Flex Express  6:30-7:00pm  Kettle Bell Express 7:15-7:45 | 5 Yoga for Health  5:30-6:25pm  Zumba Circuit  6:30-7:30pm | **6** Cut to the Core  8:30am- 9:00am | **7** | |
| **8** | **9** TRX/ Kettle Bell Camp 5:00-5:45am  5:45-6:30am  Tune Up  8:30-9:30am  Circuit 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 5:00-5:30pm  TRX Express 5:45-6:15pm  Stretch and Flex Express  6:30-7:00pm  Kettle Bell Express 7:15-7:45 | **12** TRX/ Kettle Bell Camp 5:00-5:45am  5:45-6:30am  Yoga for Health  5:30-6:25pm  Zumba Circuit  6:30-7:30pm | **13** Rise and Shine  Boot camp  5:00- 6am  Cut to the Core  8:30am- 9:00am | **14** | |
| **15** Yoga for Health 5:30-6:30pm  Cut to the Core  6:40- 7:10pm | **16** TRX/ Kettle Bell Camp 5:00-5:45am  5:45-6:30am  Tune Up  8:30-9:30am  Circuit 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 5:00-5:30pm  TRX Express 5:45-6:15pm  Stretch and Flex Express  6:30-7:00pm  Kettle Bell Express 7:15-7:45 | **19**TRX/ Kettle Bell Camp 5:00-5:45am  5:45-6:30am  Yoga for Health  5:30-6:25pm  Zumba Circuit  6:30-7:30pm | **20** Rise and Shine  Boot camp  5:00- 6am  Cut to the Core  8:30am- 9:00am | **21** | |
| **22** | **23** TRX/ Kettle Bell Camp 5:00-5:45am  5:45-6:30am  Tune Up  8:30-9:30am  Circuit 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 5:00-5:30pm  TRX Express 5:45-6:15pm  Stretch and Flex Express  6:30-7:00pm  Kettle Bell Express 7:15-7:45 | **26** TRX/ Kettle Bell Camp 5:00-5:45am  5:45-6:30am  Yoga for Health  5:30-6:25pm  Zumba Circuit  6:30-7:30pm | **27** Rise and Shine  Boot camp  5:00- 6am  Cut to the Core  8:30am- 9:00am | **28** | |
| **29** Yoga for Health 5:30-6:30pm  Cut to the Core  6:40- 7:10pm | **30** TRX/ Kettle Bell Camp 5:00-5:45am  5:45-:6:30am  Tune Up  8:30-9:30am  Circuit 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** | |  |