



SEPTEMBER-PARKER

Weekend Group Exercise Schedule

Sunday, Sept 1st

7:30-8:30am- Group Power (Strength Train Together)- Julie St.

Saturday, Sept 7th

8:00-9:00am Cycling- Jodeen

Sunday, Sept 8th

7:30-8:30am-Group Power (Strength Train Together)- Josh

Saturday, Sept 14th

8:00-9:00am Cycling- Julie St.

Sunday, Sept 15th

7:30-8:30am Group Power (Strength Train Together)- Julie St.

Saturday, Sept 21st

8:00-9:00am Cycling- Julie St.

Sunday, Sept 22nd

7:30-8:30am Group Power (Strength Train Together)- Andrea

Saturday, Sept 28th

8:00-9:00am Cycling- Shannon

Sunday, Sept 29th

7:30-8:30am Group Power (Strength Train Together)- Julie Sh.