



SEPTEMBER 2021 Group Fitness Schedule



Bethany: Spin/Cardio-Kickboxing/Zumba/Total Body Sculpt/Yoga

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Zumba @ 1800 (MFC)	2 NO TOTAL BODY SCULPT Yoga @ 1800 (MFC)	3	4
5	6 NO SPIN (MFC)	7 Cardio-Kickboxing @ 1800 (MFC)	8 Zumba @ 1800 (MFC)	9 Total Body Sculpt @ 0930 (MFC) Yoga @ 1800 (MFC)	10	11 HIIT Class 1000-1045 (MFC)
12	13 SPIN @ 1800 (MFC)	14 Cardio-Kickboxing @ 1800 (MFC)	15 Zumba @ 1800 (MFC)	16 Total Body Sculpt @ 0930 (MFC) Yoga @ 1800 (MFC)	17	18
19	20 SPIN @ 1800 (MFC)	21 Cardio-Kickboxing @ 1800 (MFC)	22 Zumba @ 1800 (MFC)	23 Total Body Sculpt @ 0930 (MFC) Yoga @ 1800 (MFC)	24	25 HIIT Class 1000-1045 (MFC)
26	27 SPIN @ 1800 (MFC)	28 Cardio-Kickboxing @ 1800 (MFC)	29 Zumba @ 1800 (MFC)	30 Total Body Sculpt @ 0930 (MFC) NO YOGA		

COVID-19 MITIGATION:

- Social distancing of 6ft must be maintained at all times
- Masks must be worn when entering the facility or premises (may be removed during exercise).
- Non-vaccinated persons must wear a mask except during work-out.
- Participants should bring their own mats, towel, & water bottle.
- Roster data will be collected for tracking/contractor payment purposes.