

September 2019 Group Exercise Schedule

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 8:15 am Cycling – Liza 9:30 am Zumba® - Joy	2 8:30am Tabata & Toning- Vickie 9:30am Cycling- Liza 	3 9:15 am Zumba®- Paula 5:30 pm Yoga – Sharon 6:30 pm Zumba® -Kristen	4 5:30 am Cycling- Cara 9:15 am Tabata & Toning Liza	5 10:00 am Mat Pilates Elaine 5:30 pm Cycling- Mandy 6:30 pm Zumba® - Joy	6 9:00 am Yoga- Marty 10:30 am Line Dancing (advanced) Liza	7 8:00 am Step- Vickie 9:15 am TaeBo®- Elliot
8 8:15 am Cycling – Liza 9:30 am Zumba® - Joy 	9 9:15 am Boot Camp Vickie 6:30 pm Cycling - Ilene	10 9:15 am Zumba®- Paula 5:30 pm Yoga – Sharon 6:30 pm Zumba® -Kristen	11 5:30 am Cycling- Jim 9:15 am Tabata & Toning Liza 	12 10:00 am Mat Pilates Elaine 5:30 pm Cycling- Ilene 6:30 pm Zumba® -Kristen	13 9:00 am Yoga- Marty 10:30 am Line Dancing (advanced) Liza	14 8:00 am Step- Vickie 9:15 am TaeBo®- Elliot
15 8:15 am Cycling – Liza 9:30 am Zumba®- Joy	16 9:15 am Boot Camp Vickie 6:30 pm Cycling- Liza	17 9:15 am Zumba®- Paula 5:30 pm Yoga – Marty 6:30 pm Barre- Brittany	18 5:30 am Cycling- Cara 9:15 am Tabata & Toning Liza	19 10:00 am Mat Pilates Elaine 5:30 pm Cycling- Mandy 6:30 pm Zumba®- Joy	20 9:00 am Yoga- Marty 10:30 am Line Dancing (advanced) Liza	21 8:00 am Step- Vickie 9:15 am TaeBo®- Elliot
22 8:15 am Cycling- Liza 9:30 am Zumba® - Joy	23 9:15 am Boot Camp Vickie 6:30 pm Cycling- Ilene	24 9:15 am Zumba®- Paula 5:30 pm Yoga – Sharon 6:30 pm Zumba® -Kristen	25 5:30 am Cycling- Jim 9:15 am Tabata & Toning Liza	26 10:00 am Mat Pilates Canceled 5:30 pm Cycling- Ilene 6:30 pm Zumba® -Kristen	27 9:00 am Yoga- Marty 10:30 am Line Dancing (advanced) Liza	28 8:00 am Step- Vickie 9:15 am TaeBo®- Elliot
29 8:15 am Cycling – Liza 9:30 am Zumba® - Joy	30 9:15 am Boot Camp Vickie 6:30 pm Cycling - Liza 			www.progressfitnesspa.com 717-972-0322 2201 Paxton Church Road		Non-member drop-in rate is only \$5! And, your very first class is FREE!