

# September 2021 Group Exercise Schedule

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<a href="http://www.progressfitnesspa.com">www.progressfitnesspa.com</a> 717-972-0322 2201 Paxton Church Road		<b>1</b> 5:30 am Cycling- Ilene 9:15 am Tabata & Toning- Liza  5:00 pm Cycling- Cara	<b>2</b> 10:00 am Mat Pilates Elaine 11:15 am Line Dancing (intermediate) Jackie  5:45 pm Line Dancing (beginner) Liza 6:30 pm Zumba@- Joy	<b>3</b> 9:00 am <b>Canceled</b>  10:30 am Line Dancing (advanced) Liza	<b>4</b> 8:00 am Step- Vickie
<b>5</b> 8:15 am Cycling – Liza	<b>6</b> 9:15 am Cycling- Liza  	<b>7</b> 9:15 am Zumba@- Paula   Happy Rosh Hashanah! 5:30 pm Yoga- Sharon 6:30 pm Zumba@- Kristen	<b>8</b> 5:30 am Cycling- Cara 9:15 am Tabata & Toning- Liza  5:00 pm Cycling- Ilene	<b>9</b> 10:00 am Mat Pilates Elaine 11:15 am Line Dancing (intermediate) Jackie  5:45 pm Line Dancing (beginner) Liza 6:30 pm Zumba@- Joy	<b>10</b> 9:00 am Yoga- Marty (virtual & in-person) 10:30 am Line Dancing (advanced) Liza	
<b>12</b> 8:15 am Cycling – Liza   HAPPY GRANDPARENTS DAY!	<b>13</b> 9:15 am Boot Camp Vickie	<b>14</b> 9:15 am Zumba@- Paula  5:30 pm Yoga- Sharon 6:30 pm Zumba@ - Kristen	<b>15</b> 5:30 am Cycling- Cara 9:15 am Tabata & Toning- Liza  5:00 pm Cycling- Ilene	<b>16</b> 10:00 am Mat Pilates Elaine 11:15 am Line Dancing (intermediate) Jackie  5:45 pm Line Dancing (beginner) Liza 6:30 pm Zumba@- Kristen	<b>17</b> 9:00 am Yoga- Marty (virtual & in-person) 10:30 am Line Dancing (advanced) Liza	<b>18</b> 8:00 am Step- Vickie
<b>19</b> 8:15 am Cycling- Liza	<b>20</b> 9:15 am Boot Camp Vickie	<b>21</b> 9:15 am Zumba@- Paula  5:30 pm Yoga- Sharon 6:30 pm Zumba@ - Kristen	<b>22</b> 5:30 am Cycling- Cara 9:15 am Tabata & Toning- Liza  5:00 pm Cycling- Ilene	<b>23</b> 10:00 am Mat Pilates Elaine 11:15 am Line Dancing (intermediate) Jackie  5:45 pm Line Dancing (beginner) Liza 6:30 pm Zumba@- Joy	<b>24</b> 9:00 am Yoga- Marty (virtual & in-person) 10:30 am Line Dancing (advanced) Liza	<b>25</b> 8:00 am Step- Vickie
<b>26</b> 8:15 am Cycling – Liza	<b>27</b> 9:15 am Boot Camp Vickie	<b>28</b> 9:15 am Zumba@- Paula  5:30 pm Yoga- Sharon 6:30 pm Zumba@- Joy	<b>29</b> 5:30 am Cycling- Cara 9:15 am Tabata & Toning- Liza  5:00 pm Cycling- Ilene	<b>30</b> 10:00 am Mat Pilates Elaine 11:15 am Line Dancing (intermediate) Jackie  5:45 pm Line Dancing (beginner) Liza 6:30 pm Zumba@- Joy	<b>Non-member drop-in rate is only \$5!            And, your very first class is FREE!</b>	