

September 2022 Group Exercise Schedule

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