



SEPTEMBER



SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY



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|---|--|--|---|---|---|-----------|
| | | | <p>1 Zumba 600-700 Butt & Gut 1115-1200 B3 1205-1300</p> <p>Divorce Support Group in Room 2-1-54 1130</p> <p>ITR Closed for Inventory</p> | <p>2 Pilates 1115-1200 Yoga 1200-1245 30/30 1600-1700 Massage by Appt.</p> | <p>3 Cardio Surprise 1130-1230</p> | <p>4</p> |
| <p>5</p> <p>Circuit Training is Available Every day the Fitness Center is Open!</p> | <p>6</p> <p>Super Books for Sale in the ITR! Save Thousands! Labor Day</p> | <p>7 Pilates 1115-1200 Yoga 1200-1245 30/30 1600-1700 Massage by Appt.</p> | <p>8 Zumba 600-700 Butt & Gut 1115-1200 B3 1205-1300</p> <p>Outside the Box – Humanergy in Palm Garden Room 1130</p> | <p>9 Pilates 1115-1200 Yoga 1200-1245 30/30 1600-1700 Massage by Appt.</p> <p>When Loved One Can No Longer Live Alone in Blue Room 1130</p> | <p>10 Cardio Surprise 1130-1230</p> <p>Golf Coupon Books for Sale in the ITR!</p> | <p>11</p> |
| <p>12</p> <p>GRANDPARENTS DAY</p> | <p>13 Zumba 600-700 Butt & Gut 1115-1200 B3 1205-1300</p> | <p>14 Pilates 1115-1200 Yoga 1200-1245 30/30 1600-1700 Massage by Appt.</p> | <p>15 Zumba 600-700 Butt & Gut 1115-1200 B3 1205-1300</p> <p>Homework Wars in the Gold Room 1130</p> | <p>16 Pilates 1115-1200 Yoga 1200-1245 30/30 1600-1700 Massage by Appt.</p> <p>Books are Fun in Café Foyer 1000-1500</p> | <p>17 Cardio Surprise 1130-1230</p> <p>Books are Fun in Café Foyer 0900-1400</p> | <p>18</p> |
| <p>19</p> <p>Lions vs. Eagles Bus Trip \$75.00 Before August 18 \$80.00 After August 23</p> | <p>20 Zumba 600-700 Butt & Gut 1115-1200 B3 1205-1300</p> | <p>21 Pilates 1115-1200 Yoga 1200-1245 30/30 1600-1700 Massage by Appt.</p> <p>HDI Golf Balls for Sale in the ITR!</p> | <p>22 Zumba 600-700 Butt & Gut 1115-1200 B3 1205-1300</p> | <p>23 Pilates 1115-1200 Yoga 1200-1245 30/30 1600-1700 Massage by Appt.</p> <p>First Day of Autumn</p> | <p>24 Cardio Surprise 1130-1230</p> | <p>25</p> |
| <p>26</p> | <p>27 Zumba 600-700 Butt & Gut 1115-1200 B3 1205-1300</p> | <p>28 Pilates 1115-1200 Yoga 1200-1245 30/30 1600-1700 Massage by Appt.</p> <p>Kinship Care Room 2-1-54 1130</p> | <p>29 Zumba 600-700 Butt & Gut 1115-1200 B3 1205-1300</p> | <p>30 Pilates 1115-1200 Yoga 1200-1245 30/30 1600-1700 Massage by Appt.</p> <p>Read to Reduce Stress Room 2-1-54 1130</p> | <p>Cardio Surprise 1130-1230</p> | <p></p> |