

# ST. LUKE'S HEALTH AND FITNESS CENTER

## SEPTEMBER 2011

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			<b>1</b> 10:00am Spinning  4:30pm Spinning 5:30pm Spinning 6:15pm Abs'n Stretch 6:30pm Pilates	<b>2</b> 6:00am Spinning 9:00am Aerobic Fusion 10:00am Pilates	<b>3</b> 8:30am Spinning 9:30am <b>ZUMBA</b>
<b>5</b>  <b>FITNESS CENTER CLOSED HAPPY LABOR DAY!</b>	<b>6</b> 4:30pm Spinning 6:30pm <b>ZUMBA</b> 8:00pm Spinning	<b>7</b> 6:00am Spinning 7:00am Spinning 9:00am Aerobic Fusion 10:00am Forever Young 5:30pm Step/Cardio/ Fletcher Pilates 6:30pm YOGA	<b>8</b> 10:00am Spinning  4:30pm Spinning 5:30pm Spinning 6:15pm Abs'n Stretch 6:30pm Pilates	<b>9</b> 6:00am Spinning 9:00am Aerobic Fusion 10:00am Pilates 5:15pm Core, Cuts and Cardio	<b>10</b> 8:30am Spinning 9:30am <b>ZUMBA</b>
<b>12</b> 6:00am Spinning 9:00am Aerobic Fusion 10:00am Forever Young 4:30pm Pilates 5:30pm Just Abs 5:45pm Cardio-box 6:30pm <b>ZUMBA</b>	<b>13</b> 4:30pm Spinning 6:30pm <b>ZUMBA</b> 8:00pm Spinning	<b>14</b> 6:00am Spinning 7:00am Spinning 9:00am Aerobic Fusion 10:00am Forever Young 5:30pm Step/Cardio/ Fletcher Pilates 6:30pm YOGA	<b>15</b> 10:00am Spinning  4:30pm Spinning 5:30pm Spinning 6:15pm Abs'n Stretch 6:30pm Pilates	<b>16</b> 6:00am Spinning 9:00am Aerobic Fusion 10:00am Pilates 5:15pm Core, Cuts and Cardio	<b>17</b> 8:30am Spinning 9:30am <b>ZUMBA</b>
<b>19</b> 6:00am Spinning 9:00am Aerobic Fusion 10:00am Forever Young 4:30pm Pilates 5:30pm Just Abs 5:45pm Cardio-box 6:30pm <b>ZUMBA</b>	<b>20</b> 4:30pm Spinning 6:30pm <b>ZUMBA</b> 8:00pm Spinning	<b>21</b> 6:00am Spinning 7:00am Spinning 9:00am Aerobic Fusion 10:00am Forever Young 5:30pm Step/Cardio/ Fletcher Pilates 6:30pm YOGA	<b>22</b> 10:00am Spinning  4:30pm Spinning 5:30pm Spinning 6:15pm Abs'n Stretch 6:30pm Pilates	<b>23</b> 6:00am Spinning 9:00am Aerobic Fusion 10:00am Pilates 5:15pm Core, Cuts and Cardio	<b>24</b> 8:30am Spinning 9:30am <b>ZUMBA</b>
<b>26</b> 6:00am Spinning 9:00am Aerobic Fusion 10:00am Forever Young 4:30pm Pilates 5:30pm Just Abs 5:45pm Cardio-box 6:30pm <b>ZUMBA</b>	<b>27</b> 4:30pm Spinning 6:30pm <b>ZUMBA</b> 8:00pm Spinning	<b>28</b> 6:00am Spinning 7:00am Spinning 9:00am Aerobic Fusion 10:00am Forever Young 5:30pm Step/Cardio/ Fletcher Pilates 6:30pm YOGA	<b>29</b> 10:00am Spinning  4:30pm Spinning 5:30pm Spinning 6:15pm Abs'n Stretch 6:30pm Pilates	<b>30</b> 6:00am Spinning 9:00am Aerobic Fusion 10:00am Pilates 5:15pm Core, Cuts and Cardio	