

SEPTEMBER SCHEDULE

OUTDOOR FITNESS

WEDNESDAY YOGA

September 2 at 6PM with LK

SATURDAY HIIT

September 5 at 8AM with Jason

SATURDAY YOGA

September 5 at 9AM with Mandi

SUNDAY AQUA ZUMBA

September 6 at 9AM with Baron

LABOR DAY YOGA

September 7 at 9AM with Mandi

TUESDAY YOGA

September 8 at 8AM with Joe

SATURDAY HIIT

September 12 at 8AM with Jason

SATURDAY YOGA

September 12 at 9AM with Mandi

SUNDAY AQUA BOOT CAMP

September 13 at 9AM with Laurie

TUESDAY YOGA

September 15 at 8AM with Joe

WEDNESDAY YOGA

September 16 at 6PM with LK

SATURDAY HIIT

September 19 at 8AM with Jason

SATURDAY YOGA

September 19 at 9AM with Mandi

SUNDAY AQUA BOOT CAMP

September 20 at 9AM with Laurie

TUESDAY YOGA

September 22 at 8AM with Joe

SATURDAY HIIT

September 26 at 8AM with Jason

SATURDAY YOGA

September 26 at 9AM with Mandi

SUNDAY AQUA ZUMBA

September 27 at 9AM with Baron

TUESDAY YOGA

September 29 at 8AM with Joe

WEDNESDAY YOGA

September 30 at 6PM with LK

MIXSON CLUB