

S.H.A.P.E. FITNESS

September 2022

September 2022							October 2022						
Su	Mo	Tu	We	Th	Fr	Sa	Su	Mo	Tu	We	Th	Fr	Sa
4	5	6	7	8	9	10	2	3	4	5	6	7	8
11	12	13	14	15	16	17	9	10	11	12	13	14	15
18	19	20	21	22	23	24	16	17	18	19	20	21	22
25	26	27	28	29	30		23	24	25	26	27	28	29
							30	31					

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Aug 28	29	30	31	Sep 1 8:30am SHAPE 2 9:30am SHAPE 3 10:15am Step In-Line 11:15am Tai Chi	2 8:30am SHAPE 1 9:30am Chair Yoga 11:00am SHAPE 2	3
4	5 NO CLASSES - HOLIDAY	6 8:30am SHAPE 2 9:30am SHAPE 3 10:15am Step In-Line 11:15am Tai Chi	7 8:30am SHAPE 1 9:30am Chair Yoga 11:00am SHAPE 2	8 8:30am SHAPE 2 9:30am SHAPE 3 10:15am Step In-Line 11:15am Tai Chi	9 8:30am SHAPE 1 9:30am Chair Yoga 11:00am SHAPE 2	10
11	12 8:30am SHAPE 1 9:30am Chair Yoga 10:15am Wii Bowling 11:00am SHAPE 2	13 8:30am SHAPE 2 9:30am SHAPE 3 10:15am Step In-Line 11:15am Tai Chi	14 8:30am SHAPE 1 9:30am Chair Yoga 11:00am SHAPE 2	15 8:30am SHAPE 2 9:30am SHAPE 3 10:15am Step In-Line 11:15am Tai Chi	16 8:30am SHAPE 1 9:30am Chair Yoga 11:00am SHAPE 2	17
18	19 8:30am SHAPE 1 9:30am Chair Yoga 10:15am Wii Bowling 11:00am SHAPE 2	20 8:30am SHAPE 2 9:30am SHAPE 3 10:15am Step In-Line 11:15am Tai Chi	21 8:30am SHAPE 1 9:30am Chair Yoga 11:00am SHAPE 2	22 8:30am SHAPE 2 9:30am SHAPE 3 10:15am Step In-Line 11:15am Tai Chi	23 8:30am SHAPE 1 9:30am Chair Yoga 11:00am SHAPE 2	24
25	26 8:30am SHAPE 1 9:30am Chair Yoga 10:15am Wii Bowling 11:00am SHAPE 2	27 8:30am SHAPE 2 9:30am SHAPE 3 10:15am Step In-Line 11:15am Tai Chi	28 8:30am SHAPE 1 9:30am Chair Yoga 11:00am SHAPE 2	29 NO CLASSES - VACATION DAY	30 NO CLASSES - VACATION DAY	Oct 1