

September Everfit & Exercise

Every Day at 10:30am



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5
			Seated Yoga	Zumba with Claudia	Seated Stretches & Movement	Seated Thai Chi
6	7	8	9	10	11	12
Slow Tempo Exercise	Movement & Cardio with Marshal	Zumba with Claudia	PT with Christy	Zumba with Claudia	Yoga & Meditation	Thai Chi & Stretching
13	14	15	16	17	18	19
Seated Exercise & Movement	Movement & Cardio with Marshal	Zumba with Claudia	Seated Disco Workout	Zumba with Claudia	Seated Stretches	Thai Chi & Yoga
20	21	22	23	24	25	26
Slow Tempo Movement	Movement & Cardio with Marshal	Zumba with Claudia	PT with Christy	Zumba with Claudia	Seated Yoga & Meditation	Thai Chi & Deep Breathing
27	28	29	30			
Seated Stretches	Movement & Cardio with Marshal	Seated Zumba & Cardio	Seated Yoga & Meditation			