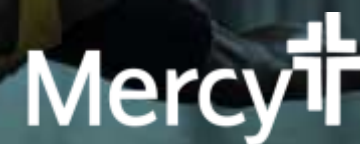


September Events



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<p>*September 11 Nutrition Workshop <i>Eat Together Often: Social Aspects of Food</i> 11:00 a.m.</p>				1	<p>2 Tread and Shred Demo 9:00 a.m. - 9:30 a.m. Semi-Private Training Demo 10:00 a.m. - 11:00 a.m.</p>
3	<p>4 Labor Day Hours 8:00 a.m. – 5:00 p.m. Women on Weights Sandy, 9:00 a.m. Cindy, 11:00 a.m.</p>	<p>5 Women on Weights Brittany, 9:00 a.m. Erin, 4:00 p.m.</p>	<p>6 Women on Weights Shannon, 6:00 a.m. Sandy, 9:00 a.m. Cindy, 11:00 a.m. Brittany, 6:00 p.m.</p>	<p>7 Women on Weights Brittany, 9:00 a.m. Erin, 4:00 p.m.</p>	8	<p>9 Tread and Shred Demo 9:00 a.m. - 9:30 a.m. Semi-Private Training Demo 10:00 a.m. - 11:00 a.m.</p>
10	<p>11 Women on Weights Shannon, 6:00 a.m. Sandy, 9:00 a.m. Cindy, 11:00 a.m. Brittany, 6:00 p.m. Pound Monica, 7:00 p.m.*</p>	<p>12 Women on Weights Brittany, 9:00 a.m. Erin, 4:00 p.m. Qi Gong 6:30 p.m. - 7:30 p.m.</p>	<p>13 Women on Weights Shannon, 6:00 a.m. Sandy, 9:00 a.m. Cindy, 11:00 a.m. Brittany, 6:00 p.m. Pound Monica, 9:30 a.m.</p>	<p>14 Women on Weights Brittany, 9:00 a.m. Erin, 4:00 p.m. Express Pilates Reformer 11:00 a.m. - 11:30 a.m.</p>	15	<p>16 Tread and Shred Demo 9:00 a.m. - 9:30 a.m. Semi-Private Training Demo 10:00 a.m. - 11:00 a.m.</p>
17	<p>18 Women on Weights Shannon, 6:00 a.m. Sandy, 9:00 a.m. Cindy, 11:00 a.m. Brittany, 6:00 p.m. Pound Monica, 7:00 p.m.</p>	<p>19 Women on Weights Brittany, 9:00 a.m. Erin, 4:00 p.m. Qi Gong 6:30 p.m. - 7:30 p.m.</p>	<p>20 Women on Weights Shannon, 6:00 a.m. Sandy, 9:00 a.m. Cindy, 11:00 a.m. Brittany, 6:00 p.m. Pound Monica, 9:30 a.m.</p>	<p>21 Women on Weights Brittany, 9:00 a.m. Erin, 4:00 p.m. Express Pilates Reformer 11:00 a.m. - 11:30 a.m.</p>	22	<p>23 Tread and Shred Demo 9:00 a.m. - 9:30 a.m. Semi-Private Training Demo 10:00 a.m. - 11:00 a.m.</p>
24	<p>25 Pound Monica, 7:00 p.m.</p>	<p>26 Nutrition Workshop <i>Eat Together Often: Social Aspects of Food</i> 5:30 p.m. Qi Gong 6:30 p.m. - 7:30 p.m.</p>	<p>27 Pound Monica, 9:30 a.m.</p>	<p>28 Express Pilates Reformer 11:00 a.m. - 11:30 a.m.</p>	29	<p>30 Tread and Shred Demo 9:00 a.m. - 9:30 a.m. Semi-Private Training Demo 10:00 a.m. - 11:00 a.m.</p>