

September

2023

LIVE CLASS SCHEDULE

Classes start at 10:00 a.m. Eastern



REACHABLE™

FITNESS & WELLNESS

BY MICHELLE ROGERS CPT,CHC

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
27	28	29	30	31	1	2
					NO CLASS	
3	4	5	6	7	8	9
	LABOR DAY NO CLASS		CARDIO STRONG		TONE & FLEX	
10	11	12	13	14	15	16
	POM POM CARDIO DANCE		CARDIO STRONG		GENTLE PILATES	
17	18	19	20	21	22	23
	2-MILES CARDIO WALK		CARDIO STRONG		FULL BODY STRETCH	
24	25	26	27	28	29	30
	CARDIO DANCE THROUGH THE DECADES		CARDIO STRONG		GENTLE YOGA	
1	2	3	4	5	6	7