


SEPTEMBER 2022—COLEMAN FITNESS

Instructors

Cynd Hartman Alsen Edwards Jim Lewis Pam Long
 Alicia Pena Angelita Santiago Pamela Sulton Harry Williams
 Tameria Warren—Do it in Pink Guest Instructor Big Sarge—Do it in Pink Guest Instructor

Sun	Mon	Tue	Wed	Thu	Fri	Sat
ASTERISK MEANING ONE * - CLASS IS AVAILABLE IN-PERSON AND ONLINE TWO ** - CLASS IS AVAILABLE ONLINE ONLY THREE *** - CLASS IS IN-PERSON ONLY VIRTUAL—CLASS IS DO IT YOURSELF				<i>1</i> 11am Weigh it is ** 12pm Abs & tone ** 4pm Waist & Up* 5:30pm RDB-AE **	<i>2</i> 4pm Soul Cycle @ Vanguard Gym ***	<i>3</i> 8:30am Pilates* -CH 9am 5K Virtual Walk 10am Zumba* - HW
<i>4</i> 10am Yoga w/Jim**	WE WILL BE CLOSED ON LABOR DAY	<i>6</i> 12pm Toning** 4pm-Cardio Sculpt* 5:15pm Virtual Walk	<i>7</i> 4pm Cardio & Core* 5:30pm Zumba-AS**	<i>8</i> 11am Weigh it is ** 12pm Abs & tone ** 4pm Waist & Up* 5:30pm RDB-AE **	<i>9</i> 10am Water Aerobics*** 4pm Soul Cycle @ Vanguard Gym ***	<i>10</i> 8:30am Pilates* -CH 9am 5K Virtual Walk 10am Zumba* - HW
<i>11</i> 10am Yoga w/Jim**	<i>12</i> 10am W. Aerobics*** 4pm Cir. Training** 5:30pm S & S**	<i>13</i> 12pm Toning** 4pm-Cardio Sculpt* 5:15pm Virtual Walk	<i>14</i> 4pm Cardio & Core* 5:30pm Zumba-AS**	<i>15</i> 11am Weigh it is ** 12pm Abs & tone ** 4pm Waist & Up* 5:30pm RDB-AE **	<i>16</i> 4pm Soul Cycle @ Vanguard Gym ***	<i>17</i> 8:30am Pilates* -CH 9am 5K Virtual Walk 10am Zumba* - HW
<i>18</i> 10am Yoga w/Jim**	<i>19</i> 10am W. Aerobics*** 4pm Cir. Training* 5:30pm S & S*	<i>20</i> 12pm Toning** 4pm-Cardio Sculpt* 5:15pm Virtual Walk	<i>21</i> 4pm Cardio & Core* 5:30pm Zumba-AS**	<i>22</i> 11am Weigh it is ** 12pm Abs & tone ** 4pm Waist & Up* 5:30pm RDB-AE **	<i>23</i> 10am Water Aerobics*** 4pm Soul Cycle @ Vanguard Gym ***	
<i>25</i> 10am Yoga w/Jim**	<i>26</i> 10am W. Aerobics*** 4pm Cir. Training* 5:30pm S & S*	<i>27</i> 12pm Toning** 4pm-Cardio Sculpt* 5:15pm Virtual Walk	<i>28</i> 4pm Cardio & Core* 5:30pm Zumba-AS**	<i>29</i> 11am Weigh it is ** 12pm Abs & tone ** 4pm Waist & Up* 5:30pm RDB-AE **	<i>30</i> 4pm Soul Cycle @ Vanguard Gym ***	
						MEMBERSHIP \$15 MONTHLY. CALL: 751-3700