

September Calendar 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					Sept. 1 LABOR DAY WEEKEND	
<p>RSVP for Monday 6 a.m. on Facebook-we have a group page! Email fitness@delmonicodance.com for more info</p>					<p>Labor Day Weekend No Classes!</p>	<p>8:15-9:00 45 Minute Mind/Body Bootcamp-intense cardio, core and weights</p>
3	4	5	6	7	8	9
<p><i>Please note M/T/W are 9:30 classes and Thursday is 8:30. Fridays will resume 9/15 at 8:30.</i></p>	<p>No Class Labor Day! Join us for back to school week beginning Tuesday 9:30!</p>	<p><u>Linda is back!</u> <u>9:30 Max Cardio HIIT and TABATA 45 minutes!</u></p>	<p>6 a.m. PIYO w/ Denise 9:30 Barrefit with Denise</p>	<p>8:30 Pilates Reform Denise</p>	<p><u>No Class today</u></p>	<p><i>No Class Today!</i></p>
10	11	12	13	14	15	16
	<p>6 a.m. Circuit Training with Sandy RSVP 9:30-10:30 ACCELERATE with Sandy</p>	<p><u>Linda is back!</u> <u>9:30 Max Cardio HIIT and TABATA 45 minutes!</u></p>	<p>6 A.M Piyo w/Denise 9:30Barrefit with Denise</p>	<p>9:30 Pilates Reform w/ Sandy 45 minutes (note 9:30 today only)</p>	<p><u>9:30 (50-55 minute class) Barrefit with Linda (note 9:30 today only)</u></p>	<p>No Class Today!</p>
17	18	19	20	21	22	23
	<p>6 a.m. Circuit Training with Sandy 9:30-10:30 ACCELERATE with Sandy</p>	<p><u>Linda is back!</u> <u>9:30 Max Cardio HIIT and TABATA 45 minutes!</u></p>	<p>6 A.M PIYO w/Denise 9:30 Barrefit with Denise</p>	<p>8:30 Pilates Reform w/ Denise 45 minutes</p>	<p><u>8:30 (50-55 minute class) Barrefit with Denise</u></p>	<p>8:15-9:10 am Pilates Reform and Sculpt Pilates, ropes, cardio, weights.....</p> <p>Denise *Signature Class*</p>
24	25	26	27th	28th	29th	30th
	<p>6 a.m. Circuit Training with Sandy 9:30-10:30 ACCELERATE with Sandy</p>	<p><u>Linda is back!</u> <u>9:30 Max Cardio HIIT and TABATA 45 minutes!</u></p>	<p>6 a.m. PIYO with Denise 9:30 Barrefit with Denise</p>	<p>8:30 AM Pilates Reform w/ Denise 45 minutes</p>	<p><u>8:30 (50-55 minute class) Barrefit with Denise</u></p>	<p>8:15-9:10 am Pilates Reform and Sculpt Pilates, ropes, cardio, weights.....</p> <p>Denise *Signature Class*</p>
July	23	24	25	26	27-Jan	28-Jan

Pilates Reform and Scu

First Time always Free
Drop in \$10
Punch Card 10 Classes

Denise
Signature Class

X=Express Class 45 minutes