

# September 2018 – Open Gym Schedule

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<b>3</b> LABOR DAY: CLOSED	<b>4</b> 1:00-4:00pm	<b>5</b> 9:00-11:00am 1:00-4:00pm Sit & Be Fit @ 3:00pm	<b>6</b> 1:00-4:00pm Chair Yoga/ Stretching @ 3pm	<b>7</b> 9:00-11:00am	<b>8</b>
<b>9</b>	<b>10</b> 9:00-11:00am 1:00-4:00pm Balance & Strength @ 2:00pm	<b>11</b> 1:00-4:00pm	<b>12</b> 9:00-11:00am 1:00-4:00pm Sit & Be Fit @ 3:00pm	<b>13</b> 1:00-4:00pm Chair Yoga/ Stretching @ 3pm	<b>14</b> 9:00-11:00am	<b>15</b>
<b>16</b>	<b>17</b> 9:00-11:00am 1:00-4:00pm Balance & Strength @ 2:00pm	<b>18</b> 1:00-4:00pm	<b>19</b> 9:00-11:00am 1:00-4:00pm Sit & Be Fit @ 3:00pm	<b>20</b> 1:00-4:00pm	<b>21</b> 9:00-11:00am	<b>22</b>
<b>23</b>	<b>24</b> 9:00-11:00am 1:00-4:00pm Balance & Strength @ 2:00pm	<b>25</b> 1:00-4:00pm	<b>26</b> **9:00am- 12:00pm	<b>27</b> **9:00am-12:00pm	<b>28</b> CLOSED	<b>29</b>
<b>30</b>	<b>OCT- 1</b> **1:00-4:00pm					