

SYS Adult Fitness Classes—September

Sun	Mon	Tue	Wed	Thu	Fri
			1—CrossFit 6:15am* Spin & Tone 8am* Water Aerobics 9:15am* Strength, Balance & Tone 9:30am Total Tone 5pm Zumba 6:30pm* Yogalates 6:30pm Hip Hop Cardio 7:30pm	2—Boot Camp 7:30am* Spin 8am* Water Aerobics 9:15am* Pilates 9:30am Get Fit 5pm CrossFit 6:30pm*	3—CrossFit Spin & To Strength, B Tone 9:30 BodyBlast Zumba 6:0
5—Yoga 11am [†]	6—SYS Closed	7—Boot Camp 7:30am* Spin 8am* Pilates 9:30am Get Fit 5pm CrossFit 7:30pm*	8—CrossFit 6:15am* Spin & Tone 8am* Strength, Balance & Tone 9:30am Total Tone 5pm Zumba 6:30pm* Yogalates 6:30pm Hip Hop Cardio 7:30pm	9—Boot Camp 7:30am* Spin 8am* Pilates 9:30am Get Fit 5pm CrossFit 6:30pm*	10—Cross Spin & To Strength, B Tone 9:30 BodyBlast Zumba 6:0
12—Yoga 11am [†]	13—CrossFit 6:15am* Total Tone 5pm Zumba 5pm*	14—CrossFit 7:30pm*	15—CrossFit 6:15am* Total Tone 5pm Zumba 6:30pm*	16—CrossFit 6:30pm*	17—Cross
19—Yoga 11am [†] Spin 9am*	20—CrossFit 6:15am* Spin & Tone 8am* Strength, Balance & Tone 9:30am Total Tone 5pm Zumba 5pm*	21—Boot Camp 7:30am & 9am* Spin 8am* Pilates 9:30am Get Fit 5pm CrossFit 7:30pm*	22—CrossFit 6:15am* Spin & Tone 8am* Strength, Balance & Tone 9:30am Total Tone 5pm Zumba 6:30pm* Yogalates 6:30pm Hip Hop Cardio 7:30pm	23—Boot Camp 7:30am & 9am* Spin 8am* Pilates 9:30am Yogalates 12:30pm Get Fit 5pm Spin 6:15pm*	24—Cross Spin & To Strength, B Tone 9:30 BodyBlast Zumba 6:0
26—Yoga 11am [†] Spin 9am*	27—CrossFit 6:15am* Spin & Tone 8am* Strength, Balance & Tone 9:30am Total Tone 5pm Zumba 5pm*	28—Boot Camp 7:30am & 9am* Spin 8am* Pilates 9:30am Get Fit 5pm Spin 5:30pm* Spin 6:15pm*	29—CrossFit 6:15am* Spin & Tone 8am* Strength, Balance & Tone 9:30am Total Tone 5pm Zumba 6:30pm* Yogalates 6:30pm Hip Hop Cardio 7:30pm	30—Boot Camp 7:30am & 9am* Spin 8am* Pilates 9:30am Yogalates 12:30pm Get Fit 5pm Spin 6:15pm*	