

Newbury Court Fitness Calendar

September 2017						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 10:00- Strength Training w/ Sarah (Community Room) 11:15- Balance Class w/ Sarah (Great Room)	2 10:00- Kieser Strength w/ Don (Fitness Room)
3	4 *LABOR DAY* CANCELLED TAI CHI W/ JANE 11:00- Kieser Strength w/ Don (Fitness Room)	5 9:30- Aerobic Dance w/ Fran (Great Room) 10:00- Combo Class w/ Fran (Great Room) 11:00- Gentle yoga w/ Cathy M (Community Room)	6 11:00- Gentle Movement w/ Susanne L. (Great Room) 1:00- Strength Training Class w/ Sarah (Community Room) NEW TIME! 2:00- Kieser Strength Training w/ Don (Fitness Center)	7 9:30- Aerobic Dance w/ Fran (Great Room) 10:00- Combo Class w/ Fran (Great Room)	8 10:00- Strength Training w/ Sarah (Community Room) 11:15- Balance Class w/ Sarah (Great Room)	9 10:00- Kieser Strength w/ Don (Fitness Room)
10	11 10:00- Tai Chi w/ Jane (Great Room) 11:00- Kieser Strength w/ Don (Fitness Room)	12 9:30- Aerobic Dance w/ Fran (Great Room) 10:00- Combo Class w/ Fran (Great Room) 11:00- Gentle yoga w/ Cathy M (Community Room)	13 11:00- Gentle Movement w/ Susanne L. (Great Room) 1:00- Strength Training Class w/ Loreae (Community Room) 2:00- Kieser Strength Training w/ Don (Fitness Center)	14 9:30- Aerobic Dance w/ Fran (Great Room) 10:00- Combo Class w/ Fran (Great Room)	15 10:00- Strength Training w/ Loreae (Community Room) 11:15- Balance Class w/ Sarah (Great Room)	16 10:00- Kieser Strength w/ Don (Fitness Room)
17	18 10:00- Tai Chi w/ Jane (Great Room) 11:00- Kieser Strength w/ Don (Fitness Room)	19 9:30- Aerobic Dance w/ Fran (Great Room) 10:00- Combo Class w/ Fran (Great Room) 11:00- Gentle yoga w/ Cathy M (Community Room)	20 11:00- Gentle Movement w/ Susanne L. (Great Room) 1:00- Strength Training Class w/ Sarah (Community Room) 2:00- Kieser Strength Training w/ Don (Fitness Center)	21 9:30- Aerobic Dance w/ Loreae (Great Room) 10:00- Combo Class w/ Loreae (Great Room)	22 10:00- Strength Training w/ Loreae (Community Room) 11:15- Balance Class w/ Sarah (Great Room)	23 10:00- Kieser Strength w/ Don (Fitness Room)
24	25 10:00- Tai Chi w/ Jane (Great Room) 11:00- Kieser Strength w/ Don (Fitness Room)	26 9:30- Aerobic Dance w/ Fran (Great Room) 10:00- Combo Class w/ Fran (Great Room) 11:00- Gentle yoga w/ Cathy M (Community Room)	27 11:00- Gentle Movement w/ Susanne L. (Great Room) 1:00- Strength Training Class w/ Loreae (Community Room) 2:00- Kieser Strength Training w/ Don (Fitness Center)	28 9:30- Aerobic Dance w/ Fran (Great Room) 10:00- Combo Class w/ Fran (Great Room)	29 10:00- Strength Training w/ Loreae (Community Room) 11:15- Balance Class w/ Sarah (Great Room)	30 10:00- Kieser Strength w/ Don (Fitness Room)