



# SEPTEMBER

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 	3 9:15 – Sit Down and Tone Up	4 9:15 – Walking Club	5 9:15 - Posture	6 9:15 - Sit Down Tone Up	7
8 9:15 – Ball Exercise	9	10 9:15 – Sit Down and Tone Up	11 9:15 – Walking Club	12 9:15 - Posture	13 9:15 - Sit Down Tone Up	14
15	16 9:15 – Ball Exercise	17 9:15 – Sit Down and Tone Up	18 9:15 – Walking Club	19 9:15 - Posture	20 9:15 - Sit Down Tone Up	21
22 	23 9:15 – Ball Exercise	24 9:15 - Sit Down and Tone Up	25 9:15 – Walking Club	26 9:15 - Posture	27 9:15 - Sit Down Tone Up	28
29	30 9:15 – Ball Exercise	9:15 – Sit Down and Tone Up	9:15 – Walking Club	9:15 - Posture	9:15 - Sit Down Tone Up	