



# MESSAGE BOARD

**September 11<sup>th</sup> – September 17<sup>th</sup>**

## **Monday, September 11<sup>th</sup>**

5:15-6:15am Grind 21 with Mike **Location: Gym** \*Registration Required

8:30-9:30am Hi-Lo Cardio Infusion with Cathy **Location: Gym**

4:30-5:30pm Yoga Stretch with Marsha **Location: Gym**

## **Tuesday, September 12<sup>th</sup>**

8:30-9:30am Yoga with Robin **Location: Gym**

4:30-5:30pm BOXING with Mark **Location: Berkshire Fit Studio**

## **Wednesday, September 13<sup>th</sup>**

5:15-6:15am Grind 21 with Mike **Location: Gym** \*Registration Required

8:30-9:30am Drumming Circle with Cathy **Location: Gym**

4:30-5:30pm Yoga Stretch with Marsha **Location: Gym**

5:30-6:30pm Strength & Stretch with Marsha **Location: Gym**

## **Thursday, September 14<sup>th</sup>**

8:30-9:30am Yoga with Robin **Location: Gym**

4:30-5:30pm SUPER Circuit with Mark **Location: Berkshire Fit Studio**

## **Friday, September 15<sup>th</sup>**

5:15-6:15am Grind 21 with Mike **Location: Gym** \*Registration Required

8:30-9:30am Hi-Lo Infusion with Cathy **Location: Gym**

8:30-9:30am BOXING with Mark **Location: Berkshire Fit Studio**

## **Saturday, September 16<sup>th</sup>**

8:30-9:30am Flex and Flow Yoga with Marsha **Location: Gym**

## **Sunday, September 17<sup>th</sup>**

9-10am Flex and Flow Yoga with Marsha **Location: Gym**