



September Fitness Class Calendar

All classes held in the Wellness Studio located behind the mailroom at the intersection of Bozeman and Orvale

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 Insanity 830a Dipesh Bootcamp 930a Bradley Yoga 1030a Carrie
2 Functional Flexibility 930a Noria	3 LABOR DAY! NO CLASSES! Enjoy Your Holiday!	4 Barre 6p Carrie Yoga 7p Carrie	5 Bootcamp 6a Bradley Bootcamp 6p Bradley	6 Barre 630p Carrie Functional Flexibility 730p Carrie	7 Bootcamp 6a Bradley	8 Insanity 830a Dipesh Bootcamp 930a Carrie Yoga 1030a Carrie
9	10 Bootcamp 6a Bradley Bootcamp 6p Noria	11 Barre 6p Carrie Yoga 7p Carrie	12 Bootcamp 6a Bradley Bootcamp 6p Bradley	13 Barre 630p Carrie Functional Flexibility 730p Carrie	14 Bootcamp 6a Bradley	15 Insanity 830a Dipesh Bootcamp 930a Bradley Yoga 1030a Carrie
16 Functional Flexibility 930a Noria	17 Bootcamp 6a Bradley Bootcamp 6p Noria	18 Barre 6p Carrie Yoga 7p Carrie	19 Bootcamp 6a Bradley Bootcamp 6p Bradley	20 Barre 630p Carrie Functional Flexibility 730p Carrie	21 Bootcamp 6a Bradley	22 Insanity 830a Dipesh Bootcamp 930a Bradley Yoga 1030a Carrie
23	24 Bootcamp 6a Bradley Bootcamp 6p Noria	25 Barre 6p Carrie Yoga 7p Carrie	26 Bootcamp 6a Bradley Bootcamp 6p Bradley	27 Barre 630p Carrie Functional Flexibility 730p Carrie	28 Bootcamp 6a Bradley	29 Bootcamp 930am Bradley Yoga 1030a Carrie
30 Functional Flexibility 930a Noria						

Bootcamp - Indoor and outdoor fitness experience that welcomes all fitness levels designed for maximum calorie burn. A total body fitness challenge that will inspire a fitter you

Insanity - a revolutionary cardio based total body conditioning program based on interval training. Insanity will push you to new training heights, resulting in more calories burned, faster results, and a more efficient metabolism

Yoga - Vinyasa style Yoga where our main concentrations will be calming the body while encouraging strength and flexibility throughout our practice. Coordinating movement and breath from one post to the next.

Functional Flexibility - A total body stretching routine including traditional, static and dynamic stretching which you will be using foam rollers, resistance bands, and your body. This class is a full-body stretching routine

Barre - The perfect blend of deep muscle toning, stretching, and cardiovascular work. Guaranteed to pump up your heart rate and burn fat for a longer and leaner body

All classes meet in the Wellness Studio located behind the Mail Room at Orvale and Bozeman. Please bring fluids and always dress in appropriate footwear and clothing for working out!