

WELLNESS & MOVEMENT CLASS & EVENTS SCHEDULE

SEPTEMBER 2025

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
01  HAPPY LABOR DAY	02  Fusion Class 9:30-11:00 am	03 Fusion Movement Class 9:15-10:00 am Inverrary Comm Center Fusion Pounding Wellness Class 6:00-7:00 pm Inverrary Comm Center	04 Chair Yoga @ St. George Park 9:00-10:00 am	05  Pounding Class 8:45-9:30 am Fusion Dance @ Sadkin Center 6:30-7:30 pm	06 
08  NEW! Pounding Class 9:15-10:00am Inverrary Comm Center	09  Fusion Class 9:30-11:00 am Fitness Yoga @ Sadkin Center 6:30-7:30 pm	10 Fusion Movement Class 9:15-10:00 am Inverrary Comm Center Chair Yoga @ Sadkin Center 10:30-11:30 am Fusion Pounding Wellness Class 6:00-7:00 pm Inverrary Comm Center	11  Pounding Class 6:30-7:30 PM Sadkin Community Center	12   Pounding Class 8:45-9:30 am	13 
15  Pounding Class 9:15-10:00am Inverrary Comm Center	16  Fusion Class 9:30-11:00 am Fitness Yoga @ Sadkin Center 6:30-7:30 pm	17 Fusion Movement Class 9:15-10:00 am Inverrary Comm Center Fusion Pounding Wellness Class 6:00-7:00 pm Inverrary Comm Center	18 Chair Yoga @ St. George Park 9:00-10:00 am	19   Pounding Class 8:45-9:30 am	20 
22  Pounding Class 9:15-10:00am Inverrary Comm Center	23  Fusion Class 9:30-11:00 am Fitness Yoga @ Sadkin Center 6:30-7:30 pm	24 Fusion Movement Class 9:15-10:00 am Inverrary Comm Center Chair Yoga @ Sadkin Center 10:30-11:30 am	25 	26   Pounding Class 8:45-9:30 am	27 
29  Pounding Class 9:15-10:00am Inverrary Comm Center	30  Fusion Class 9:30-11:00 am Fitness Yoga @ Sadkin Center 6:30-7:30 pm				

For more information call 954-599-4506

