

September Month-At-A-Glance

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 10:00 Education Hour 11:00 F45 11:15 Fall Prevention 1 & 2	2
3	4 **HESKETT CLOSED** NO CLASSES Labor Day	5	6 11:30 Bal-Vis & Pool Aquatics 12:15 Bal-Vis (Basic) 1:00 In-Motion 141 1:00 F45 2:00 Yoga	7	8 10:00 Empowerment 11:00 F45 11:15 Fall Prevention 1 & 2 Last Day to Sign Up: Run for the Poor  Club Parkinson's 2nd Birthday!	9
10	11 11:30 Pool Aquatics & Cybex 12:00 Cardio 12:30 Cybex 1:00 In-Motion 141 1:00 In-Motion 143 1:00 F45 2:00 Handwriting/Fine Motor	12	13 11:30 Bal-Vis & Pool Aquatics 12:15 Bal-Vis (Basic) 1:00 In-Motion 141 1:00 F45 2:00 Yoga	14	15 10:00 Empowerment 11:00 F45 11:15 Fall Prevention 1 & 2 DUE: APPEAL LETTERS!	16
17	18 11:30 Pool Aquatics & Cybex 12:00 Cardio 12:30 Cybex 1:00 In-Motion 141 1:00 In-Motion 143 1:00 F45	19	20 11:30 Bal-Vis & Pool Aquatics 12:15 Bal-Vis (Basic) 1:00 In-Motion 141 1:00 F45 2:00 Yoga	21	22 10:00 Empowerment 11:00 F45 11:15 Fall Prevention 1 & 2	23
24	25 11:30 Pool Aquatics & Cybex 12:00 Cardio 12:30 Cybex 1:00 In-Motion 141 1:00 In-Motion 143 1:00 F45 2:00 Handwriting/Fine Motor	26	27 11:30 Bal-Vis & Pool Aquatics 12:15 Bal-Vis (Basic) 1:00 In-Motion 141 1:00 F45 2:00 Yoga	28	29 10:00 Empowerment 11:00 F45 11:15 Fall Prevention 1 & 2 12:00 Final Friday	30 Walk/Run Event Run for the Poor Blessed Sacrament 124 N. Roosevelt St. 5k 9:30 1 Mile 10:30