

SEPTEMBER



2026

"September is your reset. Your next level starts with the choice to show up, push forward, and become stronger than you were yesterday."

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
WHAT IS ACTIVTRAX? FITNESS EDUCATION & PROGRESS TRACKING		1. 8:30AM AQUA HIIT 6:00PM BODSQUAD 7:00PM ACTIVTRAX 7:15PM DRUMUP!	2. 8:30AM Chair Yoga 6:00PM ZUMBA 6:30PM Aqua FIT 7:30 PM DSKO	3. 8:30AM Sun. Strength 6:00PM BODSQUAD 7:00PM ACTIVTRAX 7:30PM PILATES 7:30PM AQUA ZUMBA	4. 8:30AM Aqua Aerobics	5. 9:30AM FIT in the Park Tattan Park - Westland 10:45AM ZUMBA
6.	7. HAPPY LABOR DAY! GYM IS CLOSED - NO CLASSES	8. 8:30AM AQUA HIIT 6:00PM BODSQUAD 7:00PM ACTIVTRAX 7:15PM DRUMUP!	9. 8:30AM Chair Yoga 6:00PM ZUMBA 6:30PM Aqua FIT 7:30 PM DSKO	10. 8:30AM Sun. Strength 6:00PM BODSQUAD 7:00PM ACTIVTRAX 7:30PM PILATES 7:30PM AQUA ZUMBA	11. 8:30AM Aqua Aerobics	12. 9:30AM FIT in the Park Tattan Park - Westland 10:45AM ZUMBA
13.	14. 8:30AM Aqua Aerobics 10:00AM Strength & Chair Aerobics 6:00PM STEP SYNC 7:30PM PILATES	15. 8:30AM AQUA HIIT 6:00PM BODSQUAD 7:00PM ACTIVTRAX 7:15PM DRUMUP!	16. 8:30AM Chair Yoga 6:00PM ZUMBA 6:30PM Aqua FIT 7:30 PM DSKO	17. 8:30AM Sun. Strength 6:00PM BODSQUAD 7:00PM ACTIVTRAX 7:30PM PILATES 7:30PM AQUA ZUMBA	18. 8:30AM Aqua Aerobics	19. 9:30AM FIT in the Park Tattan Park - Westland 10:45AM ZUMBA
20.	21. 8:30AM Aqua Aerobics 10:00AM Strength & Chair Aerobics 6:00PM STEP SYNC 7:30PM PILATES	22. 8:30AM AQUA HIIT 6:00PM BODSQUAD 7:00PM ACTIVTRAX 7:15PM DRUMUP!	23. 8:30AM Chair Yoga 6:00PM ZUMBA 6:30PM Aqua FIT 7:30 PM DSKO	24. 8:30AM Sun. Strength 6:00PM BODSQUAD 7:00PM ACTIVTRAX 7:30PM PILATES 7:30PM AQUA ZUMBA	25. 8:30AM Aqua Aerobics	26. 9:30AM FIT in the Park Tattan Park - Westland 10:45AM ZUMBA
27.	28. 8:30AM Aqua Aerobics 10:00AM Strength & Chair Aerobics 6:00PM STEP SYNC 7:30PM PILATES	29. 8:30AM AQUA HIIT 6:00PM BODSQUAD 7:00PM ACTIVTRAX NO DRUMUP! TODAY	30. 8:30AM Chair Yoga 6:00PM ZUMBA 6:30PM Aqua FIT 7:30 PM DSKO		KEY: Class Locations BLUE = POOL PURPLE = STUDIO A RED = STUDIO B	GREEN WRITING = Announcements PINK = Class Cancellation