

Whole Fitness September 2021 Class Schedule



		1 9:30 am Gentle Yoga Faith (Tanya)	2 6:00 pm Kettlebell, Ropes, and MORE (Jenn)	4 9:00 am Weekend Warrior Workout (Jeremy)
6 LABOR DAY NO CLASS	7 4:30 pm– Teen Class (Kim and Kiersten) 6:00 pm– Drumsticks and Strength (Jenn)	8 9:30 am Gentle Yoga Faith (Tanya)	9 6:00 pm Ride and Rep (Jenn and Jeremy)	11 9:00 am Weekend Warrior Workout (Meghan)
13 9:30 am Ride and Rep (Meg)	14 4:30 pm– Teen Class (Kim and Kiersten) 6:00 pm Jeremy and Jenn's Jamversary Workout (Jeremy and Jenn)	15 9:30 am Gentle Yoga Faith (Tanya)	16 6:00 pm Kickboxing and Strength (Kim)	18 9:00 am Weekend Warrior Workout (Meghan)
20 9:30 am Total Body Workout (Meg)	21 4:30 pm Teen Class (Kim and Kiersten) 6:00 pm Circuits (Jenn)	22 NO CLASS	23 6:00 pm Cardio and Strength (Jeremy)	25 9:00 am Weekend Warrior Workout (Jeremy)
27 9:30 am Ride and Rep (Meg)	28 4:30 pm– Teen Class (Kim and Kiersten) 6:00 pm– Agility and Mobility (Jenn)	29 9:30 am Gentle Yoga Faith (Tanya)	30 6:00 pm Ride and Rep (Jenn and Jeremy)	