# SEPTEMBER SCHEDULE for Capital Blue at Saucon Valley

Go to [CapitalBlueStore.com](http://CapitalBlueStore.com) for class descriptions and to register

**Space is limited. Please register in advance at:** [CapitalBlueStore.com](http://CapitalBlueStore.com)

<table>
<thead>
<tr>
<th>EVENTS <em>(Free for everyone unless noted otherwise.)</em></th>
<th>Age Group</th>
</tr>
</thead>
<tbody>
<tr>
<td>Everyday Body Mass Index Check (all day)</td>
<td>Everyone</td>
</tr>
<tr>
<td>9/1 Artist Reception with Alex Merriman (4-6 p.m.)</td>
<td>Everyone</td>
</tr>
<tr>
<td>9/14 Healthy Habits for Children &amp; Families (1-2 p.m., 5-6 p.m.)</td>
<td>Everyone</td>
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<tr>
<td>9/20 Living Healthier (1-2 p.m., 5-6 p.m.)</td>
<td>Everyone</td>
</tr>
<tr>
<td>9/21 Healthy Habits for Children &amp; Families (1-2 p.m., 5-6 p.m.)</td>
<td>Everyone</td>
</tr>
<tr>
<td>9/28 Men’s and Women’s Health (1-2 p.m., 5-6 p.m.)</td>
<td>Everyone</td>
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</tbody>
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<table>
<thead>
<tr>
<th>FITNESS CLASSES* <em>(Free for members. $5 per class for nonmembers.)</em></th>
<th>Age Group</th>
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<tbody>
<tr>
<td>9/1 HIIT Challenge (9:30-10:15 a.m.) ♥ ♥ ♥</td>
<td>Adults</td>
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<tr>
<td>9/1 ZUMBA® (10:30-11:30 a.m.) ♥♥</td>
<td>Adults</td>
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<tr>
<td>9/1 Pam’s Yoga (12-1 p.m.) ♥</td>
<td>Adults</td>
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<tr>
<td>9/1 Meditation (1:15-1:45 p.m.) ♥</td>
<td>Adults</td>
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<tr>
<td>9/1 Cardio Kickboxing (5:15-5:45 p.m.) ♥♥</td>
<td>Adults</td>
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<tr>
<td>9/2 ZUMBA® Toning (9-10 a.m.) ♥♥</td>
<td>Adults</td>
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<tr>
<td>9/2 Power Toning (11-11:45 a.m.) ♥♥</td>
<td>Adults</td>
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<td>9/4 Athletic Conditioning (10:15-11 a.m.) ♥♥</td>
<td>Adults</td>
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<td>9/5 R.I.P.P.E.D. (9-10 a.m.) ♥♥</td>
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<td>9/5 POUND® (10-11 a.m.) ♥</td>
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<tr>
<td>9/5 Yoga (12-1 p.m.) ♥</td>
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<tr>
<td>9/5 Salsa/Latin Dance Lessons (1:30-2:30 p.m.) ♥</td>
<td>Adults</td>
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<tr>
<td>9/5 Tabata Bootcamp (5:30-6:30 p.m.) ♥♥</td>
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<tr>
<td>9/6 ZUMBA® (9-10 a.m.) ♥</td>
<td>Adults</td>
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<tr>
<td>9/6 Gratitude Yoga (12-1 p.m.) ♥</td>
<td>Adults</td>
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<tr>
<td>9/6 Yoga Combo (1:30-2:30 p.m.) ♥♥</td>
<td>Adults</td>
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<td>9/6 ZUMBA® (5:15-5:45 p.m.) ♥♥</td>
<td>Adults</td>
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<td>9/6 Butts and Guts (6-6:30 p.m.) ♥♥</td>
<td>Adults</td>
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<td>9/7 Masala Bhangra (9-10 a.m.) ♥♥</td>
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<td>9/7 POUND® (10:15-11:15 a.m.) ♥</td>
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<td>9/7 R.I.P.P.E.D. (11:15 a.m.-12:15 p.m.) ♥</td>
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<td>9/7 Tabata Body Sculpting (1-2 p.m.) ♥♥</td>
<td>Adults</td>
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<tr>
<td>9/7 Pilates (5-5:45 p.m.) ♥♥</td>
<td>Adults</td>
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<tr>
<td>9/7 Gratitude Yoga (6-7 p.m.) ♥♥</td>
<td>Adults</td>
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<tr>
<td>9/8 HIIT Challenge (9:30-10:15 a.m.) ♥♥</td>
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<td>9/8 ZUMBA® (10:30-11:30 a.m.) ♥♥</td>
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<td>9/8 Pilates (12-1 p.m.) ♥</td>
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<tr>
<td>9/9 ZUMBA® Toning (9-10 a.m.) ♥</td>
<td>Adults</td>
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<tr>
<td>9/9 Cardio Sculpt (11-11:45 a.m.) ♥♥</td>
<td>Adults</td>
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<tr>
<td>9/11 Cardio Kickboxing (9-10 a.m.) ♥♥</td>
<td>Adults</td>
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*Participants will be required to sign a waiver before participating in fitness classes.

**Fitness Level Intensity:** ♥ – Low ♥♥ – Medium ♥♥♥ – High

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**SEPTEMBER**

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The Promenade Shops at Saucon Valley
2845 Center Valley Parkway, Center Valley, PA 18034

Facebook: /capbluecross
Twitter: @capbluestore
Instagram: /capbluecross

855.505.BLUE (2583)
CapitalBlueStore.com

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## FITNESS CLASSES* (Free for members. $5 per class for nonmembers.)

<table>
<thead>
<tr>
<th>Date</th>
<th>Class Name</th>
<th>Time</th>
<th>Difficulty</th>
<th>Age Group</th>
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</thead>
<tbody>
<tr>
<td>9/11</td>
<td>Athletic Conditioning</td>
<td>10:15-11 a.m.</td>
<td>♥ ♥ ♥</td>
<td>Adults</td>
</tr>
<tr>
<td>9/11</td>
<td>PiYo</td>
<td>12-1 p.m.</td>
<td>♥ ♥ ♥</td>
<td>Adults</td>
</tr>
<tr>
<td>9/11</td>
<td>Tai Chi</td>
<td>5:15-6:15 p.m.</td>
<td>♥</td>
<td>Adults</td>
</tr>
<tr>
<td>9/12</td>
<td>R.I.P.P.E.D.</td>
<td>9-10 a.m.</td>
<td>♥ ♥</td>
<td>Adults</td>
</tr>
<tr>
<td>9/12</td>
<td>POUND®</td>
<td>10-11 a.m.</td>
<td>♥ ♥</td>
<td>Adults</td>
</tr>
<tr>
<td>9/12</td>
<td>Mindfulness Yoga</td>
<td>12-1 p.m.</td>
<td>♥</td>
<td>Adults</td>
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<tr>
<td>9/12</td>
<td>Salsa/Latin Dance Lessons</td>
<td>1:30-2:30 p.m.</td>
<td>♥</td>
<td>Adults</td>
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<tr>
<td>9/12</td>
<td>Turbo Kickboxing</td>
<td>5:45 p.m.</td>
<td>♥ ♥</td>
<td>Adults</td>
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<tr>
<td>9/13</td>
<td>Salsa/Latin Dance Lessons</td>
<td>6-7 p.m.</td>
<td>♥</td>
<td>Adults</td>
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<tr>
<td>9/13</td>
<td>ZUMBA®</td>
<td>9-10 a.m.</td>
<td>♥ ♥</td>
<td>Adults</td>
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<tr>
<td>9/13</td>
<td>Gratitude Yoga</td>
<td>12-1 p.m.</td>
<td>♥</td>
<td>Adults</td>
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<tr>
<td>9/13</td>
<td>Yoga Combo</td>
<td>1:30-2:30 p.m.</td>
<td>♥ ♥ ♥</td>
<td>Adults</td>
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<tr>
<td>9/13</td>
<td>Tabata</td>
<td>5:15-5:45 p.m.</td>
<td>♥ ♥ ♥</td>
<td>Adults</td>
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<tr>
<td>9/13</td>
<td>Butts and Guts</td>
<td>6-6:30 p.m.</td>
<td>♥ ♥</td>
<td>Adults</td>
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<tr>
<td>9/14</td>
<td>Masala Bhangra</td>
<td>9-10 a.m.</td>
<td>♥ ♥</td>
<td>Adults</td>
</tr>
<tr>
<td>9/14</td>
<td>POUND®</td>
<td>10:15-11:15 a.m.</td>
<td>♥ ♥</td>
<td>Adults</td>
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<td>9/14</td>
<td>R.I.P.P.E.D.</td>
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<td>♥ ♥</td>
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<td>1-2 p.m.</td>
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<td>Pilates</td>
<td>5:45 p.m.</td>
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<td>♥ ♥</td>
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<td>9/15</td>
<td>HIIT Challenge</td>
<td>9:30-10:15 a.m.</td>
<td>♥ ♥ ♥</td>
<td>Adults</td>
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<tr>
<td>9/15</td>
<td>ZUMBA®</td>
<td>10:30-11:30 a.m.</td>
<td>♥ ♥</td>
<td>Adults</td>
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<tr>
<td>9/15</td>
<td>Pam’s Yoga</td>
<td>12-1 p.m.</td>
<td>♥</td>
<td>Adults</td>
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<tr>
<td>9/15</td>
<td>Meditation</td>
<td>1:15-1:45 p.m.</td>
<td>♥</td>
<td>Adults</td>
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<tr>
<td>9/15</td>
<td>Cardio Kickboxing</td>
<td>5:15-5:45 p.m.</td>
<td>♥ ♥ ♥</td>
<td>Adults</td>
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<tr>
<td>9/16</td>
<td>ZUMBA® Toning</td>
<td>9-10 a.m.</td>
<td>♥</td>
<td>Adults</td>
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<tr>
<td>9/16</td>
<td>Power Toning</td>
<td>11-11:45 a.m.</td>
<td>♥ ♥</td>
<td>Adults</td>
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<tr>
<td>9/16</td>
<td>Cardio Kickboxing</td>
<td>9-9:45 a.m.</td>
<td>♥ ♥ ♥</td>
<td>Adults</td>
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<tr>
<td>9/18</td>
<td>Athletic Conditioning</td>
<td>10:15-11 a.m.</td>
<td>♥ ♥ ♥</td>
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<tr>
<td>9/18</td>
<td>PiYo</td>
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<td>10-11 a.m.</td>
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<td>9/19</td>
<td>Yoga</td>
<td>12-1 p.m.</td>
<td>♥</td>
<td>Adults</td>
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<td>9/19</td>
<td>Salsa/Latin Dance Lessons</td>
<td>1:30-2:30 p.m.</td>
<td>♥</td>
<td>Adults</td>
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<td>9/19</td>
<td>Tabata Bootcamp</td>
<td>5:30-6:15 p.m.</td>
<td>♥ ♥</td>
<td>Adults</td>
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<tr>
<td>9/20</td>
<td>ZUMBA®</td>
<td>9-10 a.m.</td>
<td>♥ ♥</td>
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<td>9/20</td>
<td>Gratitude Yoga</td>
<td>12-1 p.m.</td>
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### The Promenade Shops at Saucon Valley
2845 Center Valley Parkway, Center Valley, PA 18034

- [facebook](https://www.facebook.com/capbluecross)
- [@capbluestore](https://twitter.com/capbluestore)
- [instagram](https://www.instagram.com/capbluecross)

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**FITNESS CLASSES** *(Free for members. $5 per class for nonmembers.)*

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<tr>
<td>9/20</td>
<td>6-6:30 p.m.</td>
<td>Butts and Guts</td>
<td>Adults</td>
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<tr>
<td>9/21</td>
<td>9-10 a.m.</td>
<td>Masala Bhangra</td>
<td>Adults</td>
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<tr>
<td>9/21</td>
<td>10:15-11:15 a.m.</td>
<td>POUND®</td>
<td>Adults</td>
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<td>9/21</td>
<td>11:15 a.m.-12:15 p.m.</td>
<td>R.I.P.P.E.D.</td>
<td>Adults</td>
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<td>9/21</td>
<td>1-2 p.m.</td>
<td>Tabata Body Sculpting</td>
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<td>9/22</td>
<td>9:30-10:15 a.m.</td>
<td>HIIT Challenge</td>
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<td>Adults</td>
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<td>11-11:45 a.m.</td>
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<td>10 a.m.</td>
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<td>Adults</td>
</tr>
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<td>12-1 p.m.</td>
<td>Mindfulness Yoga</td>
<td>Adults</td>
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<tr>
<td>9/23</td>
<td>1:30-2:30 p.m.</td>
<td>Salsa/Latin Dance  Lessons</td>
<td>Adults</td>
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<td>9/23</td>
<td>5-5:45 p.m.</td>
<td>Turbo Kickboxing</td>
<td>Adults</td>
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<td>9/24</td>
<td>9-10 a.m.</td>
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<tr>
<td>9/24</td>
<td>1:15-1:45 p.m.</td>
<td>Meditation</td>
<td>Adults</td>
</tr>
<tr>
<td>9/24</td>
<td>5-5:45 p.m.</td>
<td>Power Toning</td>
<td>Adults</td>
</tr>
<tr>
<td>9/25</td>
<td>9-10 a.m.</td>
<td>R.I.P.P.E.D.</td>
<td>Adults</td>
</tr>
<tr>
<td>9/25</td>
<td>10-11 a.m.</td>
<td>POUND®</td>
<td>Adults</td>
</tr>
<tr>
<td>9/25</td>
<td>10-11 a.m.</td>
<td>Mindfulness Yoga</td>
<td>Adults</td>
</tr>
<tr>
<td>9/25</td>
<td>12-1 p.m.</td>
<td>Salsa/Latin Dance Lessons</td>
<td>Adults</td>
</tr>
<tr>
<td>9/25</td>
<td>5-5:45 p.m.</td>
<td>Cardio Sculpt</td>
<td>Adults</td>
</tr>
<tr>
<td>9/25</td>
<td>6-6:30 p.m.</td>
<td>Butts and Guts</td>
<td>Adults</td>
</tr>
<tr>
<td>9/26</td>
<td>9-10 a.m.</td>
<td>Masala Bhangra</td>
<td>Adults</td>
</tr>
<tr>
<td>9/26</td>
<td>10-11 a.m.</td>
<td>POUND®</td>
<td>Adults</td>
</tr>
<tr>
<td>9/26</td>
<td>11-11:45 a.m.</td>
<td>ZUMBA® Toning</td>
<td>Adults</td>
</tr>
<tr>
<td>9/26</td>
<td>12-1 p.m.</td>
<td>Cardi Kickboxing</td>
<td>Adults</td>
</tr>
<tr>
<td>9/26</td>
<td>6-7 p.m.</td>
<td>Mindfulness Yoga</td>
<td>Adults</td>
</tr>
<tr>
<td>9/27</td>
<td>9-10 a.m.</td>
<td>Salsa/Latin Dance Lessons</td>
<td>Adults</td>
</tr>
<tr>
<td>9/27</td>
<td>12-1 p.m.</td>
<td>Yoga Combo</td>
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</tr>
<tr>
<td>9/27</td>
<td>5-5:45 p.m.</td>
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<td>Adults</td>
</tr>
<tr>
<td>9/27</td>
<td>6-6:30 p.m.</td>
<td>Butts and Guts</td>
<td>Adults</td>
</tr>
<tr>
<td>9/28</td>
<td>9-10 a.m.</td>
<td>Masala Bhangra</td>
<td>Adults</td>
</tr>
<tr>
<td>9/28</td>
<td>10-11 a.m.</td>
<td>POUND®</td>
<td>Adults</td>
</tr>
<tr>
<td>9/28</td>
<td>11-11:45 a.m.</td>
<td>ZUMBA® Toning</td>
<td>Adults</td>
</tr>
<tr>
<td>9/28</td>
<td>12-1 p.m.</td>
<td>Cardi Kickboxing</td>
<td>Adults</td>
</tr>
<tr>
<td>9/28</td>
<td>5-5:45 p.m.</td>
<td>Pilates</td>
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<tr>
<td>9/28</td>
<td>6-7 p.m.</td>
<td>Gratitude Yoga</td>
<td>Adults</td>
</tr>
<tr>
<td>9/29</td>
<td>9:30-10:15 a.m.</td>
<td>HIIT Challenge</td>
<td>Adults</td>
</tr>
<tr>
<td>9/29</td>
<td>10:30-11:30 a.m.</td>
<td>ZUMBA®</td>
<td>Adults</td>
</tr>
<tr>
<td>9/29</td>
<td>12-1 p.m.</td>
<td>Meditation</td>
<td>Adults</td>
</tr>
<tr>
<td>9/29</td>
<td>5:15-5:45 p.m.</td>
<td>Cardio Kickboxing</td>
<td>Adults</td>
</tr>
<tr>
<td>9/30</td>
<td>10-11 a.m.</td>
<td>ZUMBA® Toning</td>
<td>Adults</td>
</tr>
<tr>
<td>9/30</td>
<td>11-11:45 a.m.</td>
<td>Power Toning</td>
<td>Adults</td>
</tr>
</tbody>
</table>

*Participants will be required to sign a waiver before participating in fitness classes.*