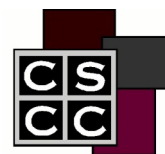


# Central Square Community Center Adult Fitness Class Schedule September 2019



	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Beginner / Intermediate</b>	<b>A cbXUrrSeptember 2nd Central Square Community Center is closed for Labor Day</b>						
<b>Absolute Abs</b>		6:30-7:30 pm					
<b>Aqua Interval</b>	11:00-12:00 pm			6:00-7:00 pm			8:15-9:15 am
<b>Beginner Kettlebell</b>							7:30-8:30 am
<b>Pilates</b>			5:30-6:30 pm				
<b>Strength-Stretch-Release</b>					6:30-7:30 pm		
<b>Total Body Conditioning</b>			5:15-6:15 am		5:15-6:15 am		
<b>Yoga Fitness</b>				5:30-6:30 pm	8:30-9:30 am		8:30-9:30 am
<b>Intermediate / Advanced</b>							
<b>Cardio Kickboxing</b>			6:30-7:30 pm				
<b>Cardio &amp; Strength Circuit</b>				4:30-5:30 pm		5:30-6:30 pm	
<b>HIIT Boot Camp</b>		5:30-6:30 pm		6:30-7:30 pm			
<b>Kettlebell</b>	10:00-11:00am						
<b>Kettlebell TRX® Fusion Beginner</b>		4:30-5:30 pm	8:30-9:30 am				
<b>Kettlebell TRX® Fusion</b>				6:30-7:30 pm			
<b>R.I.P.P.E.D.®</b>					5:30-6:30 pm		
<b>TRX® Group</b> ★	<b>Not available this month</b>						

★ *Class change*

**VIP PASS** Unlimited fitness classes for one month only \$60.00



Sign up for 2 classes in September and receive a \$4 discount on each additional class you sign up for September. Register early - space is limited.

**Adult Fitness Class Fees per Month: Member \$18.00, Non Member \$26.00**

**Adult Fitness Class Drop In Fee per Class: Member \$6.00, Non Member \$9.00**