

September 2021 Try a FREE Wellbeats™ on-demand fitness class today!



Sun	Monday	Tuesday	Wednesday	Thursday	Fri	Sat
			1 8:15am-Silver & Fit-35 min 9:15am-Silver & Fit-50 min	2 8:15am-Silver & Fit-35 min 9:15am-Silver & Fit-50 min	3	4
5	6 	7	8 6:15am-Barre Class-20 min 7am-Yoga Class-35 8:15am-Silver & Fit-35 min 9:15am-Silver & Fit-50 min	9 6:15am-Class Choice-20/30 min 8:15am-Silver & Fit-35 min 9:15am-Silver & Fit-50 min	10	11
12	13 6:15am-Spin Class-35 min 8:15am-Heart Healthy-50 min 9:15am-Silver & Fit-35 min 10am-Yoga Class	14	15 6:15am-Barre Class-20 min 7am-Yoga Class-35 8:15am-Silver & Fit-35 min 9:15am-Silver & Fit-50 min	16 6:15am-Class Choice-20/30 min 8:15am-Silver & Fit-35 min 9:15am-Silver & Fit-50 min	17	18
19	20 6:15am-Spin Class-35 min 8:15am-Heart Healthy-50 min 9:15am-Silver & Fit-35 min 10am-Yoga Class	21	22 6:15am-Barre Class-20 min 7am-Yoga Class-35 8:15am-Silver & Fit-35 min 9:15am-Silver & Fit-50 min	23 6:15am-Class Choice-20/30 min 8:15am-Silver & Fit-35 min 9:15am-Silver & Fit-50 min	24	25
26	27 6:15am-Spin Class-35 min 8:15am-Heart Healthy-50 min 9:15am-Silver & Fit-35 min 10am-Yoga Class	28	29 6:15am-Barre Class-20 min 7am-Yoga Class-35 8:15am-Silver & Fit-35 min 9:15am-Silver & Fit-50 min	30 6:15am-Class Choice-20/30 min 8:15am-Silver & Fit-35 min 9:15am-Silver & Fit-50 min		

- Participants must sign in prior to the class start time
- Face coverings are not required, but encouraged

QUESTIONS? Contact wellnesscenter@WeliaHealth.org