

September 2022 Try a FREE Wellbeats™ on-demand fitness class today!



Sun	Monday	Tuesday	Wednesday	Thursday	Fri	Sat
				1	2	3
4	5 Labor Day No Class	6	7	8	9	10
11	12 8:15am-Heart Healthy-50 min 9:15am-Silver & Fit-35 min 10am-Yoga Class-20/35 min	13	14 8:15am-Open Studio 9:15am-Silver & Fit-50 min 10:30am-Spin Class-35 min	15 6:15am-Kettlebell Class-20/35 min 7am-HIIT Class-20/35 min 8:15am-Open Studio 9am-Yoga Class-20/35 min	16	17
18	19 8:15am-Heart Healthy-50 min 9:15am-Silver & Fit-35 min 10am-Yoga Class-20/35 min	20	21 8:15am-Open Studio 9:15am-Silver & Fit-50 min 10:30am-Spin Class-35 min	22 6:15am-Kettlebell Class-20/35 min 7am-HIIT Class-20/35 min 8:15am-Open Studio 9am-Yoga Class-20/35 min	23	24
25	26 8:15am-Heart Healthy-50 min 9:15am-Silver & Fit-35 min 10am-Yoga Class-20/35 min	27	28 8:15am-Open Studio 9:15am-Silver & Fit-50 min 10:30am-Spin Class-35 min	29 6:15am-Kettlebell Class-20/35 min 7am-HIIT Class-20/35 min 8:15am-Open Studio 9am-Yoga Class-20/35 min	30	

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

QUESTIONS? Contact wellnesscenter@WeliaHealth.org