

**Monday**

**Tuesday**

**Wednesday**

**Thursday**

**Friday**

**Saturday / Sunday**

# September 2017

## The Highlands at Wyomissing Fitness Class Schedule

<p><b>September 2017</b></p> <p><b>The Highlands at Wyomissing Fitness Class Schedule</b></p>				<p><b>1</b></p> <p>9:00am Yoga Flow (B) 10:00am Seated Exercise (FCL) 10:15am Aqua Fit (P)* 10:30am Wii Bowling (FCL) 11:00am Line Dancing (B) 11:15am Golf (PG) 1:00pm Supervised Swim (P)</p>	<p><b>2</b></p> <p>10:00am Qigong (B) 11:00am Zumba Gold (B)</p> <p><b>3</b></p> <p>2:00pm Line Dancing(B)</p>
				<p><b>4</b></p> <p><b>Labor Day Holliday</b> <b>No Exercise Classes</b></p>	<p><b>5</b></p> <p>9:00am Walking Group (ML) 9:00am Cardio &amp; Tone (B) 10:00am Fresh Start (CH #956) 10:15am Aqua Balance (P)* 2:15pm Supervised Swim (P)</p>
<p><b>11</b></p> <p>9:00am Yoga Flow (B) 10:00am Fresh Start (CH #956) 10:15am Balance &amp; Control (B)* <b>1:30pm Aqua Zumba (P)*</b> 2:00pm Seated Exercises (FCL) 2:15pm Water Walking (P)* 2:30pm Wii Bowling (FCL)</p>	<p><b>12</b></p> <p>9:00am Walking Group (ML) 9:00am Cardio &amp; Tone (B) 10:00am Fresh Start (CH #956) 10:15am Aqua Balance (P)* 1:00pm Water Volleyball (P) 2:15pm Supervised Swim (P)</p>	<p><b>13</b></p> <p>9:00am Endurance &amp; Tone (B) 10:00am Aqua Tone (P)* 10:00am Fresh Start (CH #956) 10:45am Water Walking (P)* 1:00pm Tai Chi (CC)</p>	<p><b>14</b></p> <p>9:00am Strengthen &amp; Flow (B) 10:00am Fresh Start (CH #956) 10:00am Aqua Tone (P)* 10:15am Balance &amp; Control (B)* 10:45am Water Walking (P)* 1:00pm Bean Bag Baseball (B)</p>	<p><b>15</b></p> <p>9:00am Yoga Flow (B) 10:00am Fresh Start (CH #956) 10:00am Seated Exercise (FCL) 10:15am Aqua Fit (P)* 10:30am Wii Bowling (FCL) 11:00am Line Dancing (B) 11:15am Golf (PG) 1:00pm Supervised Swim (P)</p>	<p><b>16</b></p> <p>10:00am Qigong (B) 11:00am Zumba Gold (B)</p> <p><b>17</b></p> <p>2:00pm Line Dancing(B)</p>
<p><b>18</b></p> <p>9:00am Yoga Flow (B) 10:00am Fresh Start (CH #956) 10:15am Balance &amp; Control (B)* <b>1:30pm Aqua Zumba (P)*</b> 2:00pm Seated Exercises (FCL) 2:15pm Water Walking (P)* 2:30pm Wii Bowling (FCL)</p>	<p><b>19</b></p> <p>9:00am Walking Group (ML) 9:00am Cardio &amp; Tone (B) 10:00am Fresh Start (CH #956) 10:15am Aqua Balance (P)* 2:15pm Supervised Swim (P)</p>	<p><b>20</b></p> <p>9:00am Endurance &amp; Tone (B) 10:00am Aqua Tone (P)* 10:00am Fresh Start (CH #956) 10:15am Functional Strength (B)* 10:45am Water Walking (P)* 1:00pm Tai Chi (CC)</p>	<p><b>21</b></p> <p>9:00am Strengthen &amp; Flow (FCL) 10:00am Fresh Start (CH #956) 10:00am Aqua Tone (P)* 10:15am Balance &amp; Control (FCL)* 10:45am Water Walking (P)* <b>1:00pm Mini Golf (CC)</b></p>	<p><b>22</b></p> <p>9:00am Yoga Flow (B) 10:00am Fresh Start (CH #956) 10:00am Seated Exercise (FCL) 10:15am Aqua Fit (P)* 10:30am Wii Bowling (FCL) 11:00am Line Dancing (B) 11:15am Golf (PG) 1:00pm Supervised Swim (P)</p>	<p><b>23</b></p> <p>10:00am Qigong (B) 11:00am Zumba Gold (B)</p> <p><b>24</b></p> <p>2:00pm Line Dancing(B)</p>
<p><b>25</b></p> <p>9:00am Yoga Flow (B) 10:00am Fresh Start (CH #956) 10:15am Balance &amp; Control (B)* <b>1:30pm Aqua Zumba (P)*</b> 2:00pm Seated Exercises (FCL) 2:15pm Water Walking (P)* 2:30pm Wii Bowling (FCL)</p>	<p><b>26</b></p> <p>9:00am Walking Group (ML) 9:00am Cardio &amp; Tone (B) 10:00am Fresh Start (CH #956) 10:15am Aqua Balance (P)* 1:00pm Water Volleyball (P) 2:15pm Supervised Swim (P)</p>	<p><b>27</b></p> <p>9:00am Endurance &amp; Tone (B) 10:00am Aqua Tone (P)* 10:00am Fresh Start (CH #956) 10:15am Functional Strength (B)* 10:45am Water Walking (P)* 1:00pm Tai Chi (CC)</p>	<p><b>28</b></p> <p>9:00am Strengthen &amp; Flow (B) 10:00am Fresh Start (CH #956) 10:00am Aqua Tone (P)* 10:15am Balance &amp; Control (B)* 10:45am Water Walking (P)* 1:00pm Bean Bag Baseball (CC)</p>	<p><b>29</b></p> <p>9:00am Yoga Flow (B) 10:00am Fresh Start (CH #956) 10:00am Seated Exercise (FCL) 10:15am Aqua Fit (P)* 10:30am Wii Bowling (FCL) 11:00am Line Dancing (B) 11:15am Golf (PG) 1:00pm Supervised Swim (P)</p>	<p><b>30</b></p> <p>10:00am Qigong (B) 11:00am Zumba Gold (B)</p>

**Key:** (B) Berkshire Room (CH #956) Highlands Television Network (CC) Cultural Center (FCL) Fitness Center Lobby (ML) Main Lounge (P) Pool (PG) Putting Green