

# Muskego Regency Exercise Class Schedule

## SEPTEMBER

SUN	Monday	Tuesday	Wednesday	Thursday	Friday	SAT
					1	2
					<b>NO CLASS</b>	
3	4	5	6	7	8	9
	<b>LABOR DAY</b>	OPEN GYM	1:00 Seated Dance	9:30 Full Body 10:30 Cardio Drum	9:30 Seated Yoga 10:30 Balance	
10	11	12	13	14	15	16
	9:30 Full Body 10:00 Pop-In Class 10:30 Balance	OPEN GYM	1:00 Seated Dance	9:30 Full Body 10:30 Cardio Drum	9:30 Seated Yoga 10:30 Balance	
17	18	19	20	21	22	23
	9:30 Full Body 10:00 Pop-In Class 10:30 Balance	OPEN GYM	1:00 Seated Dance	9:30 Full Body 10:30 Cardio Drum	9:30 Seated Yoga 10:30 Balance	
24	25	26	27	28	29	30
	9:30 Full Body 10:00 Pop-In Class 10:30 Balance	OPEN GYM	1:00 Seated Dance	9:30 Full Body 10:30 Cardio Drum	9:30 Seated Yoga 10:30 Balance	

Questions about fitness or classes? See Sue in the Fitness Center.