

# New Berlin Regency Exercise Class Schedule SEPTEMBER

SUN	Monday	Tuesday	Wednesday	Thursday	Friday	SAT
	<i>NEW!</i>				1	2
	18 <sup>th</sup> - Everyday Electronics 20 <sup>th</sup> - Yoga for Beginners 6 <sup>th</sup> & 20 <sup>th</sup> - Floor Yoga Mondays - Neurobics in Assisted				<b>NO CLASS</b>	
3	<i>Labor Day</i>	4	5	6	7	8
	<b>NO CLASS</b>	11:00 Seated Movement @ Regents Club 1:00 Cardio Drum	9:00 Strong Bodies 11:00 Seated Full Body 1:00 Balance 4:30 Floor Yoga	11:00 Seated Movement @ Regents Club 1:00 Cardio Drum	9:00 Strong Bodies	
10	11	12	13	14	15	16
	9:00 Strong Bodies 10:00 Neurobics (AL) 11:00 Seated Full Body	11:00 Seated Movement @ Regents Club 1:00 Cardio Drum	9:00 <b>NO CLASS</b> 11:00 <b>NO CLASS</b> 1:00 Balance	11:00 Seated Movement @ Regents Club 1:00 Cardio Drum	9:00 Strong Bodies	
17	18	19	20	21	22	23
	9:00 Strong Bodies 10:00 Neurobics (AL) 11:00 Seated Full Body 1:00 Everyday Electronics	11:00 Seated Movement @ Regents Club 1:00 Cardio Drum	9:00 Strong Bodies 11:00 Seated Full Body 1:00 <b>NO CLASS</b> 3:30 Seated Yoga 4:30 Floor Yoga	<b>NO CLASS</b>	<b>NO CLASS</b>	
24	25	26	27	28	29	30
	9:00 Strong Bodies 10:00 Neurobics (AL) 11:00 Seated Full Body	11:00 Seated Movement @ Regents Club 1:00 Cardio Drum	9:00 Strong Bodies 11:00 Seated Full Body 1:00 Balance	11:00 Seated Movement @ Regents Club 1:00 Cardio Drum	9:00 Strong Bodies	

Questions? Call the Fitness Center @ (262) 330-5162, or extension 130.