

# September

2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 Fitness Center CLOSED	3 Bootcamp 4:30pm	4 Cycle 4:30pm	5 Yoga for ALL 4:45pm	6	7
8	9 Cycle 4:30pm Yoga For ALL 4:45pm	10 Bootcamp 4:30pm Biometric Screening 1-6:30 CAA	11 Cycle 4:30pm Blood Drive CAA 12-6pm	12 Biometric Screening 1-6pm CAA Yoga for ALL 4:45pm Mobile Mammogram CAA 8am-4pm	13	14
15	16 Cycle 4:30pm Yoga For ALL 4:45pm	17 Bootcamp 4:30pm	18 Cycle 4:30pm Mobile Mammogram Trailridge Middle 8am-4pm	19 Yoga for ALL 4:45pm	20	21
22	23 Cycle 4:30pm Yoga For ALL 4:45pm	24 Bootcamp 4:30pm	25 Cycle 4:30pm Biometric Screening 1-6:30 CAA	26 Yoga for ALL 4:45pm	27	28
29	30 Cycle 4:30pm Yoga For ALL 4:45pm					