

YOUNGSVILLE BE FIT! SEPTEMBER 2016 FITNESS CLASS CALENDAR

Located at the Island Park Community Building, Youngsville, PA 16371

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 7pm-7:45pm Evening Spin	2	3 8am-9am HIIT Class
4	5 No Class	6 7pm-7:45pm Evening Spin	7 6pm-7pm Cardio & Toning	8 7pm-7:45pm Evening Spin	9	10 8am-9am HIIT Class
11	12 6pm-7pm Cardio & Toning	13 7pm-7:45pm Evening Spin	14 6pm-7pm Cardio & Toning	15 7pm-7:45pm Evening Spin	16	17 No Class
18	19 No Class	20 No Class	21 6pm-7pm Cardio & Toning	22 7pm-7:45pm Evening Spin	23	24 8am-9am HIIT Class
25	26 6pm-7pm Cardio & Toning	27 7pm-7:45pm Evening Spin	28 6pm-7pm Cardio & Toning	29 7pm-7:45pm Evening Spin	30	

Payment Options

Pay As You Go! \$3—30 minute class • \$5—1 hour class

Youngsville Be Fit! Punch Cards: Pay \$40 for 10 classes and get the 11th class FREE!

Instructors: Jill Jones (Cardio & Toning) • ShaShawn Maze (Evening Spin)

Facebook: www.facebook.com/youngsvillebefit Web: <http://youngsvilleboro.org/Home/island-park-fitness/>

Email: youngsvillebefit@gmail.com