

# September 2025

## Upper Fitness Studio Schedule



MON	TUE	WED	THU	FRI	SAT
1 <b>NO CLASSES- LABOR DAY</b>	2 <b>10:30AM</b> Strength/Stability <b>12:15 PM</b> Full Body Blast <b>5:00 PM</b> Body Sculpting	3 <b>8:00AM</b> Vinyasa Yoga <b>9:00AM</b> Chair Yoga <b>5:30 PM</b> Core and More	4 <b>9:30AM</b> Zumba <b>10:30 AM</b> Fit for Life <b>5:00 PM</b> Body Sculpting	5 <b>Yoga will be downstairs due to blood drive</b>	6 <b>9:00 AM</b> Zumba
8 4 <b>10:30 AM</b> Fit for Life <b>5:30 PM</b> Core and More	9 <b>10:30AM</b> Strength/Stability <b>12:15 PM</b> Full Body Blast <b>5:00 PM</b> Body Sculpting	10 <b>8:00AM</b> Vinyasa Yoga <b>9:00AM</b> Chair Yoga <b>5:30 PM</b> Zumba	11 <b>9:30AM</b> Zumba <b>10:30 AM</b> Fit for Life <b>5:00 PM</b> Body Sculpting	12 <b>12:15 PM</b> Hatha Yoga	13 <b>9:00 AM</b> Core and More
15 <b>10:30 AM</b> Fit for Life <b>5:30 PM</b> Zumba <b>6:30 PM</b> Sculpt and Strength	16 <b>10:30AM</b> Strength/Stability <b>12:15 PM</b> Full Body Blast <b>5:00 PM</b> Body Sculpting	17 <b>8:00AM</b> Vinyasa Yoga <b>9:00AM</b> Chair Yoga <b>5:30 PM</b> Core and More	18 <b>9:30AM</b> Zumba <b>10:30 AM</b> Fit for Life <b>5:00 PM</b> Body Sculpting	19 <b>12:15 PM</b> Hatha Yoga	20 <b>9:00 AM</b> Zumba
22 <b>10:30 AM</b> Fit for Life <b>5:30 PM</b> Zumba <b>6:30 PM</b> Sculpt and Strength	23 <b>10:30AM</b> Strength/Stability <b>12:15 PM</b> Full Body Blast <b>5:00 PM</b> Body Sculpting	24 <b>8:00AM</b> Vinyasa Yoga <b>9:00AM</b> Chair Yoga <b>5:30 PM</b> Core and More	25 <b>9:30AM</b> Zumba <b>10:30 AM</b> Fit for Life <b>5:00 PM</b> Body Sculpting	26 <b>12:15 PM</b> Hatha Yoga	27 <b>9:00 AM</b> Core and More
29 <b>10:30 AM</b> Fit for Life <b>5:30 PM</b> Zumba <b>6:30 PM</b> Sculpt and Strength	30 <b>10:30AM</b> Strength/Stability <b>12:15 PM</b> Full Body Blast <b>5:00 PM</b> Body Sculpting				

## Class Cancellation Policy

- Group Exercise class cancellations will be determined by the instructor.
- Check Instagram or call the YMCA.
- Check with the front desk about signing up for text alerts for class cancellations.

