

SEPTEMBER 2026

Upper Fitness Studio Schedule



MON

TUE

WED

THU

FRI

SAT

	1 10:30AM Strength & Stability 5:00 PM Body Sculpting	2 NO CLASS	3 10:30 AM Fit for Life 5:00 PM Body Sculpting	4 9:00 AM - 2:30 PM LifeServe Blood Drive	5 NO CLASS
7 CLOSED Labor Day	8 10:30AM Strength & Stability 5:00 PM Body Sculpting 6:30 PM Evening Reset: Yoga	9 12:00 PM CENTERLINE 5:30 PM Core & More	10 10:30 AM Fit for Life 5:00 PM Body Sculpting 6:30 PM Evening Reset: Yoga	11 12:00 PM CENTERLINE	12 10:15 AM TABATA
14 10:30 AM Fit for Life 5:30 PM Zumba 6:30 PM Strength & Sculpt	15 10:30AM Strength & Stability 5:00 PM Body Sculpting 6:30 PM Evening Reset: Yoga	16 12:00 PM CENTERLINE 5:30 PM Core & More	17 10:30 AM Fit for Life 5:00 PM Body Sculpting 6:30 PM Evening Reset: Yoga	18 12:00 PM CENTERLINE	19 10:15 AM TABATA
21 10:30 AM Fit for Life 5:30 PM Zumba 6:30 PM Strength & Sculpt	22 10:30AM Strength & Stability 5:00 PM Body Sculpting 6:30 PM Evening Reset: Yoga	23 12:00 PM CENTERLINE 5:30 PM Core & More	24 10:30 AM Fit for Life 5:00 PM Body Sculpting 6:30 PM Evening Reset: Yoga	25 12:00 PM CENTERLINE	26 9:00 AM Core & More 10:15 AM TABATA
28 10:30 AM Fit for Life 5:30 PM Zumba 6:30 PM Strength & Sculpt	29 10:30AM Strength & Stability 5:00 PM Body Sculpting 6:30 PM Evening Reset: Yoga	30 12:00 PM CENTERLINE 5:30 PM Core & More			

Class Cancellation Policy

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

