# September 2011

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|---|---|---|---|---|---|---|
| | | | | 1<br><br>8:45-9:45am YOGA<br>10:00-11:00am ZUMBA GOLD<br><br>5:30-6:30pm BODYPUMP<br>6:35-7:35PM TURBO KICK | 2<br><br>8:30-9:00AM PILATES XP<br>9:05-9:35am BODYPUMP XP | 3<br><br>8:30-9:30AM BODYPUMP<br>9:35-10:35AM ZUMBA |
| 4 | 5<br><br>No Classes<br>Happy Labor Day! | 6<br><br>8:45-9:45am-TURBO KICK<br>10:00-10:30am ZUMBA GOLD<br><br>4:00-4:45pm STRENGTH CIRCUIT<br>4:45-5:30pm STEP<br>5:30-6:30pm BODYPUMP<br>6:35-7:30pm ZUMBA | 7<br><br>5:15-6:15am ZUMBA<br>8:30-9:30amBODYPUMP<br><br>4:30-5:30pmPILATES<br>5:30-6:30pm BODYPUMP<br>6:35-7:35pm ZUMBA | 8<br><br>8:45-9:45AM YOGA<br>10:00-11:00AM ZUMBA GOLD<br><br>4:30-5:30p Stretch &Sculpt<br>5:30-6:30pm BODYPUMP<br>6:35-7:35PM TURBO KICK | 9<br><br>8:30-9:00AM BODYPUMP XP<br>9:05-9:35am- YOGA XP | 10<br><br>8:30-9:30AM BODYPUMP<br>9:35-10:35AM ZUMBA |
| 11 | 12<br><br>5:15-6:15am ZUMBA<br>7:30-8:30am TURBO KICK<br>8:30-9:30am BODYPUMP<br><br>5:30-6:30pm BODYPUMP<br>6:35-7:35pm ZUMBA | 13<br><br>8:45-9:45am TURBO KICK<br>10:00-11:00am ZUMBA GOLD<br><br>4:00-4:45pm STRENGTH CIRCUIT<br>4:45-5:30pm STEP<br>5:30-6:30pm BODYPUMP<br>6:35-7:30pm ZUMBA | 14<br><br>5:15-6:15am ZUMBA<br>8:30-9:30amBOXMANIA<br><br>4:30-5:30pm PILATES<br>5:30-6:30pm BOXMANIA<br>6:35-7:35pm ZUMBA | 15<br><br>8:45-9:45am YOGA<br>10:00-11:00am ZUMBA GOLD<br><br>4:30-5:30pmStretch & Sculpt<br>5:30-6:30pm BODYPUMP<br>6:35-7:35PM TURBO KICK | 16<br><br>8:30-9:00am BODYPUMP XP<br>9:05-9:35am PILATES XP<br><br>5:30-6:00pm BODYPUMP XP<br>6:00-6:30pm YOGA XP | 17<br><br>No Classes<br><br>Challenge Day |
| 18 | 19<br><br>5:15-6:15AM ZUMBA<br>7:30-8:30amTURBO KICK<br>8:30-9:30amBODYPUMP<br><br>5:30-6:30pm BODYPUMP<br>6:35-7:35pm ZUMBA | 20<br><br>8:45-9:45am- TURBO KICK<br>10:00-11:00am ZUMBA GOLD<br><br>4:00-4:45pm STRENGTH CIRCUIT<br>4:45-5:30pm STEP<br>5:30-6:30pm BODYPUMP<br>6:35-7:30pm ZUMBA | 21<br><br>5:15-6:15am ZUMBA<br>8:30-9:30amBOXMANIA<br><br>4:30-5:30pmPILATES<br>5:30-6:30pm BOXMANIA<br>6:35-7:35pm ZUMBA | 22<br><br>8:45-9:45am YOGA<br>10:00-11:00am ZUMBA GOLD<br><br>4:30-5:30pmSTRETCH & SCULPT<br>5:30-6:30pm BODYPUMP<br>6:35-7:35PM BOXMANIA | 23<br><br>8:30-9:00am BODYPUMP XP<br>9:05-9:35am- PILATES XP<br><br>5:30-6:00pmZUMBA Toning XP<br>6:00-6:30pm BOXMANIA XP | 24<br><br>8:30-9:30am BODYPUMP<br>9:35-10:35am ZUMBA |
| 25 | 26<br><br>5:15-6:15AM ZUMBA<br>7:30-8:30amTURBO KICK<br>8:30-9:30amBODYPUMP<br><br>5:30-6:30pm BODYPUMP<br>6:35-7:35pm ZUMBA | 27<br><br>8:45-9:45am TURBO KICK<br>10:00-11:00am ZUMBA GOLD<br><br>4:00-4:45pm STRENGTH CIRCUIT<br>4:45-5:30pm STEP<br>5:30-6:30pm BODYPUMP<br>6:35-7:30pm ZUMBA | 28<br><br>5:15-6:15am ZUMBA<br>8:30-9:30amBOXMANIA<br><br>4:30-5:30pmPILATES<br>5:30-6:30pm BOXMANIA<br>6:35-7:35pm ZUMBA | 29<br><br>8:45-9:45am YOGA<br>10:00-11:00am ZUMBA GOLD<br><br>4:30-5:30pmSTRETCH & SCULPT<br>5:30-6:30pm BODYPUMP<br>6:35-7:35pmTURBO KICK | 30<br><br>8:30-9:00am BODYPUMP XP<br>9:05-9:35am- PILATES XP<br><br>5:30-6:00pm BOXMANIA XP<br>6:00-6:30pm ZUMBA Toning XP | What's new this month~<br><br>**Back to Class Fitness Challenge!**<br>6 week weight-loss group fitness Team Challenge starts Sept.10-Oct. 22<br>Registration Aug.22-Sept.9<br>Early bird price before Sept. 3 $130.00/per person<br>After Sept. 3-9 $150.00/per person<br>**Call for more info!** |

ANYTIME FITNESS
Class Schedule
For more information contact ANYTIME FITNESS
**850-522-7045**

groupfitness@anytimepanamacity.com

LES MILLS
**BODY PUMP!**
(20 people Max per class!)

**New to Anytime**

***New classes!***

Box Mania™

****Gloves required for this class, bring your own approved gloves or rent form the front desk for $2.00/pair***

ZUMBA gold

*It's* ZUMBA for the active older adult!

TURBO KICK
STEP

Circuit Training
&
Stretch & Sculpt

***CLASS TIMES AND DATES ARE SUBJECT TO CHANGE DUE TO ATTENDENCE AND/OR INSTRUCTOR AVAILABILITY***

***"Print this schedule each month at www.anytimepanamacity.com"***