

# Panzer Fitness Center



September 2021

## Group Fitness Classes

| MONDAY   | TUESDAY   | WEDNESDAY  | THURSDAY  | FRIDAY                                       | SATURDAY   |
|--|---|--|---|--|--|
|  |   | 1<br>0900 Total Body Blast w/Jen<br>1715 Boot Camp w/ Biby   | 2<br><del>0900 Bheemashakti Yoga w/ Robin</del><br>1015 Zumba w/ Biby<br>1600 PM Spin w/ A-M            | 3<br><del>0900 Total Body Blast w/ Jen</del> | 4  |
| 6<br>Labor Day<br>No Classes                                 | 7<br>0900 Yoga w/ Andrea<br>1015 Zumba w/ Biby  | 8<br>0900 Total Body Blast w/ Jen<br>1715 Boot Camp w/ Biby  | 9<br><del>0900 Bheemashakti Yoga w/ Robin</del><br>1015 Zumba w/ Biby<br><del>1600 PM Spin w/ A-M</del> | 10<br>0900 Total Body Blast w/ Jen           | 11<br>Run to Remember<br>Half Marathon & 5K<br>Panzer      |
| 13<br>0900 Total Body Blast w/ Jen<br>1715 Boot Camp w/ Biby | 14<br>0900 Yoga w/ Andrea<br>1015 Zumba w/ Biby | 15<br>0900 Total Body Blast w/ Jen<br>1715 Boot Camp w/ Biby | 16<br><del>0900 Bheemashakti Yoga w/ Robin</del><br>1015 Zumba w/ Biby<br>1600 PM Spin w/ A-M           | 17<br>0900 Total Body Blast w/ Jen           | 18   |
| 20<br>0900 Total Body Blast w/ Jen<br>1715 Boot Camp w/ Biby | 21<br>0900 Yoga w/ Andrea<br>1015 Zumba w/ Biby | 22<br>0900 Total Body Blast w/Jen<br>1715 Boot Camp w/ Biby  | 23<br>0900 Bheemashakti Yoga w/ Robin<br>1015 Zumba w/ Biby<br>1600 PM Spin w/ A-M                      | 24<br>0900 Total Body Blast w/ Jen           | 25   |
| 27<br>0900 Total Body Blast w/ Jen<br>1715 Boot Camp w/ Biby | 28<br>0900 Yoga w/ Andrea<br>1015 Zumba w/ Biby | 29<br>0900 Total Body Blast w/Jen<br>1715 Boot Camp w/ Biby  | 30<br>0900 Bheemashakti Yoga w/ Robin<br>1015 Zumba w/ Biby<br>1600 PM Spin w/ A-M                      |  | Group Fitness Classes<br>\$5/class or \$45 for ten coupons |