

AYP Health and Fitness Calendar SEPTEMBER 2022 - classes and times subject to change!

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 Strength and Strong 9:00-10:00am Yoga 10:00-11:00am	2	3
4	5	6 Strength and Strong 9:00-10:00am Yoga 10:00-11:00am	7	8 Strength and Strong 9:00-10:00am Yoga 10:00-11:00am	9	10
11	12	13 Strength and Strong 9:00-10:00am Yoga 10:00-11:00am	14	15 Strength and Strong 9:00-10:00am Yoga 10:00-11:00am	16	17
18	19	20 Strength and Strong 9:00-10:00am Yoga 10:00-11:00am	21	22 Strength and Strong 9:00-10:00am Yoga 10:00-11:00am	23	24
25	26	27 Strength and Strong 9:00-10:00am Yoga 10:00-11:00am	28	29 Strength and Strong 9:00-10:00am Yoga 10:00-11:00am	30	