

The Answer Fitness Classes

September 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 <u>The Answer is Closed. Keyless entry available.</u>	2 <u>The Answer is Closed. Keyless entry available.</u>
3 <u>The Answer is Closed. Keyless entry available.</u>	4 <u>The Answer is Closed. Keyless entry available.</u>	5 BOOM Muscle 8:55-9:25 AM BOOM Move 9:30-10 AM Beginner Pickle Ball 10:30 – 12:30 PM	6 Yoga Flow 8:00 – 9:00 AM SilverSneakers Yoga 9:00 – 9:30 AM Kid's Dance Classes Starting at 4 PM Contact instructor at 563-503-0005	7 BOOM Muscle 8:55-9:25 AM BOOM Move 9:30-10 AM Beginner Pickle Ball 10:30 – 12:30 PM	8	9
10	11 Yoga Flow 8:00 – 9:00 AM SilverSneakers Yoga 9:00 – 9:30 AM TOPS 10am	12 BOOM Muscle 8:55-9:25 AM BOOM Move 9:30-10 AM Beginner Pickle Ball 10:30 – 12:30 PM	13 Yoga Flow 8:00 – 9:00 AM SilverSneakers Yoga 9:00 – 9:30 AM Kid's Dance Classes 4 PM	14 BOOM Muscle 8:55-9:25 AM BOOM Move 9:30-10 Beginner Pickle Ball 10:30 – 12:30 PM TOPS 6pm	15 WALKING TO GRO FUNDRAISER @ The Answer 10 AM – 6 PM	16 SHAD FLY BIG DOG BENCH OFF CONTEST @ Marquette Park
17	18 Yoga Flow 8:00 – 9:00 AM SilverSneakers Yoga 9:00 – 9:30 AM TOPS 10am	19 BOOM Muscle 8:55-9:25 AM BOOM Move 9:30-10 AM Beginner Pickle Ball 10:30 – 12:30 PM	20 Yoga Flow 8:00 – 9:00 AM SilverSneakers Yoga 9:00 – 9:30 AM Kid's Dance Classes 4 PM	21 BOOM Muscle 8:55-9:25 AM BOOM Move 9:30-10 Beginner Pickle Ball 10:30 – 12:30 PM TOPS 6pm	22	23
24	25 Yoga Flow 8:00 – 9:00 AM SilverSneakers Yoga 9:00 – 9:30 AM TOPS 10am	26 BOOM Muscle 8:55-9:25 AM BOOM Move 9:30-10 AM Beginner Pickle Ball 10:30 – 12:30 PM	27 Yoga Flow 8:00 – 9:00 AM SilverSneakers Yoga 9:00 – 9:30 AM Kid's Dance Classes 4 PM	28 BOOM Muscle 8:55-9:25 AM BOOM Move 9:30-10 Beginner Pickle Ball 10:30 – 12:30 PM TOPS 6pm	29	30

