

# 2018

# SEPTEMBER

## Fitness Calendar

Calendar is subject to change, please call for up to date changes.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
26	27	28	29	30	31	01
02	03 Labor Day - CLOSED	04	05	06 Yoga 6:00pm (\$5)	07	08
09	10 Strenght and Sport 6:00pm (\$5)	11 Unconditional Conditioning 6:00pm (\$5)	12	13 Yoga 6:00pm (\$5)	14	15
16	17 Strength and Sport 6:00pm (\$5)	18 Unconditional Conditioning 6:00pm (\$5)	19	20 Yoga 6:00pm (\$5)	21	22
23	24 Strength and Sport 6:00pm (\$5)	25 Unconditional Conditioning 6:00pm (\$5)	26	27 Yoga 6:00pm (\$5)	28	29
30	01	02	03	04	05	06

\*HIIT (High Intensity Interval Training) TBA

Location: Hasty Community Center Recreation Room  
e-mail: [mmuise@auburnmaine.gov](mailto:mmuise@auburnmaine.gov)

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