

710 Fulton Street
 Tell City, IN 47586
 (812) 547-3565

EverBody's Fun and Fitness Center
SEPTEMBER CLASS SCHEDULE

www.everbodys.com

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Early Morning	4:45 Barre	4:45 Wake Up Workout	4:45 Spinning**	4:45 Step 5:30 Spin & Praise	4:45 Wake Up Workout 8:15 Aqua (HIE Pool) 9:00 YOGA (Studio C)	7:30 a.m. Footprints 8:30 a.m. Weekend Workout (See Below for Class Schedule)	6:00 a.m. YOGA Faith 7:00 a.m. Spinning** 6:00 p.m. Wallyball
Mid Morning	9:00 Cardio & Strength	9:00 YOGA (Studio C)	9:00 Restance Circuit Training	9:00 Balance Pilates/ Step***			
Evening	5:30 Body Sculpting 5:30 Aqua Aerobics (HIE Pool) 6:30 Spinning** 6:30 Barre	5:30 Zumba 5:30 Spinning** 6:30 YOGA	5:30 Aqua Aerobics (HIE Pool) 6:30 Spinning** 6:30 Zumba	5:30 Barre	<p>Child Care (Kidz Klub) Monday-Thursday 5-7:30 PM Saturday 7:30-9:30 AM</p> <p>Weekend Workout Sept 7 - Barre Sept 14- Yoga Sept 21 - Zumba Sept 28 - Spinning</p> <p>LABOR DAY Monday Sept 2nd Office Closed No Classes</p>		
** Reservations are required for Spinning ***1st and 3rd Class of the month is Step							