










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			
4:45 AM		WAKE UP WORKOUT	 SPINNING **		WAKE UP WORKOUT					
5:30 AM	**Spin & Praise (Free to Public)			**Spin & Praise (Free to Public)						
6:30 AM							 SPINNING Beginning 9/9			
7:30 AM						Footprints				
8:15 AM					Aqua Aerobics (HIE Pool)	TOTAL BODY				
9:00 AM	Cardio & Strength	YOGA	Resistance Training Circuit	Balance Pilates	YOGA	 ZUMBA fitness	Wallyball 6pm			
5:30 PM	Aqua Aerobics (HIE Pool)	YOGA	Aqua Aerobics (HIE Pool)	Barre	<p>Child Care (Kidz Klub) Monday-Thursday 5-7:30 PM Saturday 7:30-10:30 AM</p> <p>Biggest Loser Season 20 Sept 6th Initial Weigh-in</p> <p>Racing Bacon Bicycle Tour & Poker Run Sept 15th - 9:00 a.m. Evanston Baseball Field</p> <p>Labor Day Sept 3rd Office closed, no classes</p> <p>Sunday spinning begins 9/9</p>					
	BODY Sculpting		 ZUMBA fitness							
6:30 PM	**  SPINNING	**  SPINNING	**  SPINNING	Boxing						
	Barre	 ZUMBA fitness	Pound ** Court 1							
	 ZUMBA fitness (Schergen Center)									
** Reservations are required for Spinning & Pound										