

# SEPTEMBER/OCTOBER SCHEDULE

DATE	DAY OF WEEK	TIME	TYPE OF FITNESS	INSTRUCTOR NAME	ORGANIZATION
<b>SEPTEMBER</b>					
9/2/19	Monday	6PM	Running		Main Street Runners
9/3/19	Tuesday	6PM	Sandbells	Mary Kate Cogan	YMCA
9/4/10	Wednesday	6PM	Yoga	Bethany Zoll	N/A
9/9/19	Monday	6PM	Running		Main Street Runners
9/10/19	Tuesday	6PM	PIYO	Indie Winter	Riverside Wellness
9/15/19	Sunday	10:30AM	Brewt Camp	Mary Kate Cogan	YMCA @ Gloucester Brewing Co.
9/16/19	Monday	6PM	Running		Main Street Runners
9/17/19	Tuesday	6PM	Ripped/Insanity	Nhelly Reeves	Anytime Fitness
9/18/19	Wednesday	1:30PM	Tai Chi	Dawn Allen-Bontrager	PIVOT
	Wednesday	6PM	Yoga	Bethany Zoll	N/A
9/19/19	Thursday	6PM	Zumba	Nhelly Reeves	Anytime Fitness
9/22/19	Sunday	10:30AM	Yoga	Bethany Zoll	N/A
9/23/19	Monday	6PM	Running		Main Street Runners
9/24/19	Tuesday	6PM	Bootcamp	Mary Kate Cogan	YMCA
9/25/19	Wednesday	6PM	Meditation	Agi Bahadar, LMT & CHC	N/A
9/29/19	Sunday	10:30AM	Yoga	Bethany Zoll	N/A
9/30/19	Monday		Training		
<b>OCTOBER</b>					
10/1/19	Tuesday	6PM	Bootcamp	Mary Kate Cogan	YMCA
10/2/19	Wednesday	6PM	Yoga	Bethany Zoll	N/A
10/7/19	Monday	6PM	Running		Main Street Runners
10/8/19	Tuesday	6PM	Meditation	Agi Bahadar, LMT & CHC	N/A
10/10/19	Thursday	6PM	Zumba	Nhelly Reeves	Anytime Fitness
10/14/19	Monday	6PM	Running		Main Street Runners
10/15/19	Tuesday	6PM	Ripped	Nhelly Reeves	Anytime Fitness
10/16/19	Wednesday	6PM	Yoga	Bethany Zoll	N/A
10/21/19	Monday	6PM	Running		Main Street Runners
10/22/19	Tuesday	6PM	Bootcamp	Mary Kate Cogan	YMCA
10/23/19	Wednesday	6PM	Meditation	Agi Bahadar, LMT & CHC	N/A
10/28/19	Monday	6PM	Running		Main Street Runners
10/29/19	Tuesday	6PM	PIYO	Indie Winter	Riverside Wellness
10/30/19	Wednesday	6PM	Yoga	Bethany Zoll	N/A