

# SEPTEMBER

## FITNESS CALENDAR

### MONDAYS

6 a.m.	Kinetics (FREE)
7 a.m.	TKO-Kickboxing (FREE)
3:15 p.m.	Kinetics (FREE)
5:00 p.m.	Step

### TUESDAYS

6 a.m.	Step (FREE)
7 a.m.	Fusion (FREE)
9 a.m.	Hatha Yoga
10 a.m.	Senior Strength
11 a.m.	Cycling
3:15 p.m.	TKO-Kickboxing (FREE)
6 p.m.	Kickboxing

### WEDNESDAYS

6 a.m.	Core Arms Aerobic (FREE)
7:15 a.m.	Core Arms Aerobic (FREE)
10 a.m.	Yoga
3:15 p.m.	Core Arms Aerobic (FREE)

#### FREEDOM 5K

Sep. 11 • 7:30  
Eberle Park

#### INDOOR TRIATHLON

Sep. 18-22

#### 24/7 ACCESS ONLY

Sep. 1 - Family Day  
Sep. 4 - Holiday

### THURSDAYS

6 a.m.	TKO-Kickboxing (FREE)
7 a.m.	Step (FREE)
9 a.m.	Weight Training
11 a.m.	Cycling
3:15 p.m.	Fusion (FREE)
6 p.m.	Kickboxing

### FRIDAYS

6 a.m.	Kinetics (FREE)
7 a.m.	Fusion (FREE)
3:15 p.m.	TKO-Kickboxing (FREE)

### SATURDAYS

9:15 a.m.	Kickboxing
9:30 a.m.	Cycling ( <i>Canceled Sep. 2, 16, 23, 30</i> )
10:30 a.m.	Zumba

\$3 per class  
10-class pass \$25 (no expiration)  
20-class pass \$50 (no expiration)  
All passes are non-refundable.

Classes in color are FIP  
(Fitness Improvement Program)

Equipment orientation is available  
upon request for all patrons.

Large group exercise class  
schedule is subject to change.  
The schedule can be picked up at  
the Fitness Center front counter or  
viewed at [www.jbsatoday.com](http://www.jbsatoday.com) and  
Facebook-Rambler Fitness Center

For more information, call  
(210) 652-7263.