

SEPTEMBER 2019

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Yoga (C) 10:00a-10:45a Landon	2 CLOSED Enjoy your Labor Day!	3 HIIT (C) 12:00p-12:30p Steven Low Impact Lifting (C) 12:30p-1:00p Kendall STRONG (G) 5:15p-6:15p Helena	4 Barbell Blast (C) 12:00p-12:30p Steven Cycle & Abs (C) 12:30p-1:00p Kendall Work it Circuit (C) 5:15p-6:15p Helena	5 STRONG (C) 12:00p-12:30p Kendall Butts & Guts (C) 12:30-1:00p Helena Sports Conditioning (C) 4:45p-5:30p Steven	6 Cardio Bootcamp (C) 12:15p-12:45p Landon 50/50 Fusion (A) 3:15p-4:00p Steven
8 Yoga (C) 10:00a-10:45a Landon	9 Yogalates (C) 12:15p-1:00p Kendall Arms & Abs (C) 5:15p-6:00p Landon	10 HIIT (C) 12:00p-12:30p Steven Low Impact Lifting (C) 12:30p-1:00p Kendall STRONG (G) 5:15p-6:15p Helena	11 Barbell Blast (C) 12:00p-12:30p Steven Cycle & Abs (C) 12:30p-1:00p Kendall Work it Circuit (C) 5:15p-6:15p Helena	12 STRONG (C) 12:00p-12:30p Helena Butts & Guts (C) 12:30-1:00p Kendall Sports Conditioning (C) 4:45p-5:30p Steven	13 Cardio Bootcamp (C) 12:15p-12:45p Landon 50/50 Fusion (A) 3:15p-4:00p Steven
15 Yoga (C) 10:00a-10:45a Landon	16 Yogalates (C) 12:15p-1:00p Kendall ** Tabata Bootcamp (C) 5:15p-6:00p Stefanie	17 HIIT (C) 12:00p-12:30p Steven Low Impact Lifting (C) 12:30p-1:00p Kendall STRONG (G) 5:15p-6:15p Helena	18 Barbell Blast (C) 12:00p-12:30p Steven Cycle & Abs (C) 12:30p-1:00p Kendall ** Doonya - The Bollywood Workout (C) 5:15p-6:00p Chaitali	19 STRONG (C) 12:00p-12:30p Kendall Butts & Guts (C) 12:30-1:00p Helena Sports Conditioning (C) 4:45p-5:30p Steven	20 Cardio Bootcamp (C) 12:15p-12:45p Landon 50/50 Fusion (A) 3:15p-4:00p Steven
22 Yoga (C) 10:00a-10:45a Landon	23 Yogalates (C) 12:15p-1:00p Kendall Arms & Abs (C) 5:15p-6:00p Landon	24 HIIT (C) 12:00p-12:30p Steven Low Impact Lifting (C) 12:30p-1:00p Kendall STRONG (C/G) 5:15p-6:15p Helena	25 Barbell Blast (C) 12:00p-12:30p Steven Cycle & Abs (C) 12:30p-1:00p Kendall Work it Circuit (C) 5:15p-6:15p Helena	26 STRONG (C) 12:00p-12:30p Helena Butts & Guts (C) 12:30-1:00p Kendall Sports Conditioning (C) 4:45p-5:30p Steven	27 Cardio Bootcamp (C) 12:15p-12:45p Landon 50/50 Fusion (C/A) 3:15p-4:00p Steven
29 Yoga (C) 10:00a-10:45a Landon	30 Yogalates (C) 12:15p-12:45p Kendall Arms & Abs (C) 5:15p-6:00p Landon				

Please bring your own water to every class.

Call the day of class to reserve your spot.

Limited space is available for some formats.

Classes may be cancelled if no one has pre-registered or shown up within 10 minutes of the scheduled start time.

If you arrive 15 minutes late you may be denied access to certain classes.

(C) = CIBA STUDIO
(G) = GYMNASIUM
(A) = ALCOVE

**** Pay the Fun Forward**

As part of our Pay the Fun Forward program, we are offering TWO bonus Group Ex classes on Monday 9/16 and Wednesday 9/18! These are specialty classes lead by student instructors. Check out the class descriptions for more information about these classes!

Classes Subject to Change

Keep an eye on our Google Calendar to see when classes are running.

If we do not have coverage at the front desk, we can not offer classes. All updates will be made to our calendar to avoid excess emails.

Hafter Student
Community Center
215-780-1350
haftercenter@salus.edu

Class descriptions can be found on our Google Calendar!

Simply add the Hafter Center's calendar to your view while signed in to your Salus email address and you will see our scheduled events for the whole month.