

Blue Mountain Lake
September 2017
Fitness & Wellness Schedule
At the BML Clubhouse



Time	Date	Class
7:45:00 a.m.–12:00 p.m.	Saturday, Sept 2, 2017	Group Hike* (Weather Permitting)
9:00 a.m. – 10:00 a.m.	Sunday, Sept 3, 2017	Zumba
11:00 a.m. – 12:00 a.m.	Monday, Sept 4, 2017	End of Summer – Fitness Class Demonstration **
9:00 a.m. – 10:00 a.m.	Saturday, Sept 9, 2017	Zumba Toning (at the Gazebo)
9:00 a.m. – 10:00 a.m.	Sunday, Sept 10, 2017	Zumba
9:00 a.m. – 10:00 a.m.	Saturday, Sept 16, 2017	Zumba Toning
9:00 a.m. – 10:00 a.m.	Sunday, Sept 17, 2017	Zumba
9:00 a.m. – 10:00 a.m.	Saturday, Sept 23, 2017	Zumba Toning
9:00 a.m. – 10:00 a.m.	Sunday, Sept 24, 2017	Zumba
9:00 a.m. – 10:00 a.m.	Saturday, Sept 30, 2017	Zumba Toning
9:00 a.m. – 10:00 a.m.	Sunday, Oct 1, 2017	Zumba

* If raining, HIKE will be rescheduled: Zumba at 9:00 a.m.

** Four demos: 1) Zumba Kids, 2) Abs, Glutes & Legs, 3) Zumba\Zumba Gold, 4) Zumba Toning (15 mins each).