SEPTEMBER 2026 FITNESS CALENDAR

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 Fit Over 40 9a-10a *(Makeup Class from 8/11)*	**2**	**3** 20/20/20 9a-10a *(Makeup Class from 8/13)*	4	**5** **CLOSED**
6 **CLOSED**	**7** **CLOSED** **LABOR DAY**	**8** Fit Over 40 9a-10a SS Classic 10:30a–11:15a Move for Life 11:30a-12p SS Classic 12:30p-1:15p Master the Machines 1:30p-2:30p HIIT 5:30p-6:15p	**9** Stability & Stretch 9a-10a SS Classic 10:30a-11:15a Aquacise 11:30a-12:30p Strength for Life 11:30a-12p SS Classic 12:30p-1:15p Yoga 5:30p-6:15p	**10** 20/20/20 9a-10a SS Classic 10:30a-11:15a Mind for Life 11:30a-12p SS Classic 12:30p-1:15p	**11** Aquacise 11:30a-12:30p	**12**
13 **CLOSED**	**14** 20/20/20 9a-10a SS Classic 10:30a-11:15a Chair Yoga 11:30a-12:15p Aquacise 11:30a-12:30p SS Classic 12:30p-1:15p Zumba GOLD 1:30p-2:15p Tai Chi 5:30p-6:15p	**15** Fit Over 40 9a-10a SS Classic 10:30a–11:15a Move for Life 11:30a-12p SS Classic 12:30p-1:15p Master the Machines 1:30p-2:30p HIIT 5:30p-6:15p	**16** Stability & Stretch 9a-10a SS Classic 10:30a-11:15a Aquacise 11:30a-12:30p Strength for Life 11:30a-12p SS Classic 12:30p-1:15p Yoga 5:30p-6:15p	**17** 20/20/20 9a-10a SS Classic 10:30a-11:15a Mind for Life 11:30a-12p SS Classic 12:30p-1:15p	**18** Aquacise 11:30a-12:30p	**19**
20 **CLOSED**	**21** 20/20/20 9a-10a SS Classic 10:30a-11:15a Chair Yoga 11:30a-12:15p Aquacise 11:30a-12:30p SS Classic 12:30p-1:15p Zumba GOLD 1:30p-2:15p Tai Chi 5:30p-6:15p	**22** Fit Over 40 9a-10a SS Classic 10:30a–11:15a Move for Life 11:30a-12p SS Classic 12:30p-1:15p Master the Machines 1:30p-2:30p HIIT 5:30p-6:15p	**23** Stability & Stretch 9a-10a SS Classic 10:30a-11:15a Aquacise 11:30a-12:30p Strength for Life 11:30a-12p SS Classic 12:30p-1:15p Yoga 5:30p-6:15p	**24** 20/20/20 9a-10a SS Classic 10:30a-11:15a Mind for Life 11:30a-12p SS Classic 12:30p-1:15p	**25** Aquacise 11:30a-12:30p	**26**
27 **CLOSED**	**28** 20/20/20 9a-10a SS Classic 10:30a-11:15a Chair Yoga 11:30a-12:15p Aquacise 11:30a-12:30p SS Classic 12:30p-1:15p Zumba GOLD 1:30p-2:15p Tai Chi 5:30p-6:15p	**29** Fit Over 40 9a-10a SS Classic 10:30a–11:15a Move for Life 11:30a-12p SS Classic 12:30p-1:15p Master the Machines 1:30p-2:30p HIIT 5:30p-6:15p	**30** Stability & Stretch 9a-10a SS Classic 10:30a-11:15a Aquacise 11:30a-12:30p Strength for Life 11:30a-12p SS Classic 12:30p-1:15p Yoga 5:30p-6:15p			

FLAT ROCK COMMUNITY CENTER RESERVES THE RIGHT TO CHANGE THIS SCHEDULE AS NEEDED.