

# Aerobics Room Calendar

## September 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><u>Yearly Memberships:</u> EI Taxpayer Ind. \$150 EI Taxpayer Family \$200 Non-Resident Ind. \$350 Non-Resident Family \$500</p>	<p>30 Fab, Fit + Fun, extra strength 8am (M)  Yoga 9:15am (L) Tabata 5:30pm (K)</p>	<p>31 Tabata 5:30pm (E)  Women &amp; Teen girls Self-defense class: 6:30-7:30pm</p>	<p>1 Zumba® 8am Pilates 9:15am (L) Pound@ 10:15am</p>	<p>2 Step Aerobics 8am (D)  Yoga 9am (M)  Karate Classes: 6:30-7:30pm</p>	<p>3 Fab, Fit + Fun 8am (M) Yoga 9:15am (DJ)</p>	<p>4 Gentle Yoga 9am (DJ)  S.A.F.E. / Karate 10:15am-12:15</p>
<p><u>Short-term Memberships:</u> Per person: Daily \$10 Weekly \$30 Monthly \$50</p>	<p>6 <b>COMMUNITY CENTER CLOSED</b>  <b>HAPPY LABOR DAY!</b></p>	<p>7 Step Aerobics 8am (E) Tabata 5:30pm (E)  Women &amp; Teen girls Self-defense class: 6:30-7:30pm</p>	<p>8 Zumba® 8am Pilates 9:15am (L) Pound@ 10:15am</p>	<p>9 Step Aerobics 8am (D)  Yoga 9am (M)  Karate Classes: 6:30-7:30pm</p>	<p>10 Fab, Fit + Fun 8am (M) Yoga 9:15am (DJ)</p>	<p>11 Gentle Yoga 9am (DJ)  S.A.F.E. / Karate 10:15am-12:15</p>
<p><u>Aerobics:</u> \$1 Members \$5 Non-members <u>Gentle Yoga &amp; Yoga:</u> \$2 Members \$7 Non-members</p>	<p>13 Fab, Fit + Fun, extra strength 8am (M)  Yoga 9:15am (L) Tabata 5:30pm (K)</p>	<p>14 Tabata 5:30pm (E)  Women &amp; Teen girls Self-defense class: 6:30-7:30pm</p>	<p>15 Zumba® 8am Pilates 9:15am (L) Pound@ 10:15am</p>	<p>16 Step Aerobics 8am (D)  Yoga 9am (M)  Karate Classes: 6:30-7:30pm</p>	<p>17 Fab, Fit + Fun 8am (M) Yoga 9:15am (DJ)</p>	<p>18 Gentle Yoga 9am (DJ)  S.A.F.E. / Karate 10:15am-12:15</p>
<p><u>S.A.F.E.</u> \$2 Members \$5 Non-members <u>Karate:</u> Taught by personal instructor For details visit: <a href="https://www.emeraldisle-nc.org/karate">https://www.emeraldisle-nc.org/karate</a></p>	<p>20 Fab, Fit + Fun, extra strength 8am (M)  Yoga 9:15am (L) Tabata 5:30pm (K)</p>	<p>21 Step Aerobics 8am (E) Body Sculpt 9:15 (L)  Tabata 5:30pm (E) Women &amp; Teen girls Self-defense class: 6:30-7:30pm</p>	<p>22 Zumba® 8am Pilates 9:15am (L) Pound@ 10:15am</p>	<p>23 Step Aerobics 8am (D)  Yoga 9am (M)  Karate Classes: 6:30-7:30pm</p>	<p>24 Fab, Fit + Fun 8am (M)  <del>Yoga 9:15am (DJ)</del> CX</p>	<p>25 Gentle Yoga 9am (DJ)  S.A.F.E. / Karate 10:15am-12:15</p>
<p><u>Hours of Operation:</u> Mon-Fri 7:30am-7:30pm Sat. 8:30am-3pm Sun. closed Rev. 8/23/21</p>	<p>27 Fab, Fit + Fun, extra strength 8am (M)  Yoga 9:15am (L) Tabata 5:30pm (K)</p>	<p>28 Body Sculpt 9:15 (L) Tabata 5:30pm (E)  Women &amp; Teen girls Self-defense class: 6:30-7:30pm</p>	<p>29 Zumba® 8am Pilates 9:15am (L) Pound@ 10:15am</p>	<p>30 Step Aerobics 8am (D)  Yoga 9am (M)  Karate Classes: 6:30-7:30pm</p>		