

September is shaping up to be an exciting month of fitness classes at **Method Gym**. We'll kick things off on **Saturday, September 6** with **Pedal & Press** at 8:15am. Later in the month, join us on **Saturday, September 27** for the **Pump Challenge** at 9:15am followed by **Zumba Toning** at 10:30am. Starting in September, we are also adding a new **11:30am Tuesday class**, with **Zumba** and **Cardio Drumming** rotating each week to keep things fresh and fun.

MONDAY	9:15A-10:00A 9:15A-10:15A 11:15A-12:15P 5:15P-6:15P 5:30P-6:15P 6:15-7:00P	Cycle 45 ** Pump** SMAC S&C Pump* Cycle 45** Step** (15 & 29 Glori, 8 & 22 Corrie)	Laura Kelly Nay Corrie Jen Corrie/Glori
TUESDAY	5:30A-6:15A 9:15A-10:15A 10:30A-11:30A 11:30A-12:30p 5:15P-6:00P 6:15P-7:15P	Pump ** Cardio & Core Yoga/Pilates (2,16 & 30 Yoga, 9 & 23 Pilates) Zumba/Cardio Drumming (2,16 & 30 Zumba, 9 & 23 Cardio Drum) Kickboxing Zumba	Sherry Jim Susan/Arielle Dory/Kelly Kelly Nay
WEDNESDAY	9:15A-10:15A 11:15A-12:15P 5:15P-6:00P 5:30P-6:15P 6:15P-7:15P	Pump** (10 & 24 Kelly, 3 & 17 Corrie) SMAC S&C Pump** (10 & 24 Corrie, 3 & 17 Kelly) Cycle 45** WARRIOR Rhythm	Corrie/Kelly Nay Corrie/Kelly Jessica S. Jessica B.
THURSDAY	9:15A-10:00A 10:15A-11:15A 11:15A-12:15P 5:15P-6:00P 6:15P- 7:15P	Boot Camp Pilates Zumba WARRIOR Combat Yoga	Jim Susan Dory Kelly Arielle
FRIDAY	9:15A-10:00A 9:15A-10:15A 11:15A-12:00P 5:00P-6:00P	Cycle 45** WARRIOR Rhythm SMAC S&C Boot Camp	Laura Jessica B. Susan Jim
SATURDAY	8:15A-9:00A 8:15A-9:00A 9:15A-10:00A 9:15A-10:15A	Kickboxing (13 & 27) Max Burn (20) Cycle 45** (6 Pedal & Press, 13 Corrie, 20 & 27 Jen) Pump** (6 Corrie, 13 Glori, 20 Sherry, 27 Pump Challenge)	Kelly Jen Alt. Instructors Alt. Instructors
SUNDAY	No classes		

**Reserve your spot for Pump, Step and Cycle 45. Call us at 301-884-8096