

September, 2015

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 Weight Watchers Meeting at 10am (R1) SBR Boxing 101 6pm - 7pm w/ JC	2 SBR Boxing 101 9am - 10am w/ JC	3 Weight Watchers Meeting at 5:30pm (R1)	4	5 Grit & Wit Training Program w/ Chris \$
6	7 Beat PD Today Class 11:00am \$	8 Weight Watchers Meeting at 10am (R1)	9 Ninja Warrior Training Demo 9am - 10am w/ J.C.	10 Weight Watchers Meeting at 5:30pm (R1)	11	12 Grit & Wit Training Program w/ Chris \$
13	14 Beat PD Today Class 11:00am \$	15 Weight Watchers Meeting at 10am (R1)	16	17 Weight Watchers Meeting at 5:30pm (R1)	18	19 Grit & Wit Training Program w/ Chris \$ Family Spinning Class! 10 - 10:45am w/ Valerie \$
20 Mt. Greylock Bike Ride 7am w/ Chris \$	21 Beat PD Today Class 11:00am (R2) \$	22 Weight Watchers Meeting at 10am (R1) Molten Motion Demo 10am w/ Joni (R1)	23 Ninja Warrior Training! 9am w/ J.C. \$	24 Weight Watchers Meeting at 5:30pm (R1) Molten Motion Demo 7pm w/ Joni (R1)	25	26 Grit & Wit Training Program w/ Chris \$
27	28 Beat PD Today Class 11:00am (R2) \$	29 Weight Watchers Meeting at 10am (R1)	Also offering (by appointment only) SBR Boxing Camps and, RMR and VO2 Max Testing! 6Wk. Weight Training Program available! "Iron Maidens!" See Front Desk for more information.			

Schedule of Events for Sept.

- **Beat PD Today:** Mondays in September from 11:00am-12:00pm . Join Michelle Hespeler for this 8 week Functional Interval Training Program made specifically for people with Parkinson's. The first class is informational and free! Follow that with an 8 week program designed to help alleviate Parkinson's symptoms. \$150 for members and non-members. Please register at the Front Desk.
- **Family Spinning:** Saturday, September 19th from 10am - 10:45am. Join coach Valerie for this fun and rewarding ride for the whole family! Are you a spinner whose children have always wanted to try the class but haven't had the opportunity to yet? Well this class is their opportunity! This is a great way for kids to build a sense of achievement and confidence! Recommended height is 4'11" (not exact, as leg and torso length can also be determining factors). Member fee is \$5 for each rider, non member fee is \$10 for each rider. Please pre-register at the Front Desk.
- **Grit & Wit:** 8 week training program to prepare you for New England's first 5K obstacle course where brain meets brawn. Train for the 20 obstacles and the 3 mile course. Coach Chris Papsin will be sure you are ready to take on the challenge! Race day is Saturday, October 24th in Hartford, CT. Pre-registration is required. Contact Chris for more information: cpapsin@gmail.com or sign up at the Front Desk.
- **Molten Motion:** Tuesday, September 22nd at 10am and Thursday, September 24th at 7pm. Join Joni Lowe for one or both demos for an introduction to Molten Motion, a slow, sensual, yoga inspired movement to celebrate the curvy feminine form. This demo is open to members and non-members at no charge. Please pre-register at the Front Desk.
- **Mt. Greylock Bike Ride:** Saturday, September 20th at 7am (carpooling can be arranged, or plan to arrive at Mt. Greylock in Massachusetts by 9am. This is a great challenge for riders to close this season out! Ride is approx. 9miles to the summit. \$5 for members, \$10 for non members. Please pre-register at the Front Desk.
- **Ninja Warrior Training Program:** Have you seen the T.V. show, "America's Ninja Warrior" and ever wonder what it takes to become one? Join coach J.C. and test your athletic ability on Phys-Ed's very own Ninja Warrior course! This 6 week training program will help you progress to build up the strength, agility, balance and stamina needed. Program begins on Wednesday, September 23rd at 9am with a **FREE** demo being offered on Wednesday, September 9th at 9am. Open to members for \$120 and non members for \$150. Please pre-register at the Front Desk.
- **SBR Boxing Demos:** Tuesday, September 1st from 6pm - 7pm or Wednesday, September 2nd from 9am - 10am. Join coach JC as he brings you through a 10 minute demonstration of basic boxing drills using the SBR machine. Think 10 minutes isn't long enough? We challenge you to give it a try! This workout will prove to be one of the most intense experiences of your life! Space is limited. Please pre-register for your time slot at the Front Desk.
- **Weight Watchers Meeting:** Every Tuesday at 10am and Thursday at 5:30pm at Phys-Ed. Inspirational an informative meetings for Weight Watcher participants.