



New Leaf FITNESS and SPA

newleaffitnessandspa.com

618.707.2400

September Class Schedule

MONDAY

8:15 AM	Row & Strength	Josh DeCausey
5:00 PM	Row & Strength	Josh DeCausey

TUESDAY

5:30 AM	Mat Pilates	Lauren Loeb
8:00 AM	Row & Tone	Josh DeCausey
9:00 AM	YogaFlow	Valerie Tingley
9:00 AM	Express Row	Josh DeCausey
5:30 PM	Zumba	Sara Carroll

WEDNESDAY

5:00 PM	Row & Strength	Josh DeCausey
5:00 PM	Mat Pilates	Lauren Loeb

THURSDAY

8:00 AM	Row & Tone	Josh DeCausey
9:00 AM	Young at Heart Restore Yoga	Valerie Tingley
5:00 PM	Row & Strength	Josh DeCausey
5:15 PM	Zumba	Sara Carroll

FRIDAY

5:30 AM	Hot Yoga	Betsy Loeb
8:00 AM	Express Row	Josh DeCausey

Saturday