

# CTA-CHAMPION FITNESS **SEPTEMBER**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	SATURDAY
30 <b>5:45 Total Body Workout:</b> JF & CA	31 <b>5:30 Cycle Heat:</b> JF & CA	1 <b>6:00PM Zumba:</b> JF	2 <b>No class</b>	1 8:00AM TRX: RH 9:00AM TRX: RH 10:00AM TRX: RH
3 <b>NO CLASS</b> <b>HAPPY LABOR DAY!</b>	4 <b>5:30 Cycle Heat:</b> JF & CA	5 <b>6:00PM Zumba:</b> JF	6	8 8:00AM TRX: RH 9:00AM TRX: RH 10:00AM TRX: RH
10 <b>5:45 Total Body Workout:</b> JF & CA	11 <b>5:30 Cycle Heat:</b> JF & CA	12 <b>6:00PM Zumba:</b> JF	13	15 8:00AM TRX: RH 9:00AM TRX: RH 10:00AM TRX: RH
17 <b>5:45 Total Body Workout:</b> JF & CA	18 <b>5:30 Cycle Heat:</b> JF & CA	19 <b>6:00PM Zumba:</b> JF	20	22 8:00AM TRX: RH 9:00AM TRX: RH 10:00AM TRX: RH
24 <b>5:45 Total Body Workout:</b> JF & CA	25 <b>5:30 Cycle Heat:</b> JF & CA	26 <b>6:00PM Zumba:</b> JF	27	29 8:00AM TRX: RH 9:00AM TRX: RH 10:00AM TRX: RH

**6+INSTRUCTORS:** Brianna Rodavich (BR), Jessica Florian (JF), Rob Houston (RH), Christina Artice (CA)

Please see our FB page for updates and/or changes. [CTA-champion fitness exercise/health](#)

Please call (304) 291-3547 or visit our website for more info! [www.ctahighflyers.com](http://www.ctahighflyers.com)

PUNCH CARDS \$50+tax/10 CLASSES: TOTAL BODY & ZUMBA, PRIVATE GYM & CARDIO ROOM = 1 PUNCH. CYCLE HEAT= 2 PUNCHES. TRX= 3 PUNCHES