



◀ Aug 2021		September 2021					Oct 2021 ▶
Sun	Mon	Tue	Wed	Thu	Fri	Sat	
			1 PD 3 – 4 Class 2:00 pm – 3:00 pm PD 1 – 2 Class 3:30 pm – 4:30 pm (F)	2 Chair Yoga 11:30 am – 12:00 pm (O)	3	4 NO CLASS <i>(Labor Day Holiday)</i>	
5	6	7 Seated Full Fitness 10:00 am – 10:45 am (O)	8 PD 3 – 4 Class 2:00 pm – 3:00 pm PD 1 – 2 Class 3:30 pm – 4:30 pm (F)	9 Chair Yoga 11:30 am – 12:00 pm (O)	10	11 PD 1 - 4 Class 10:30 am – 11:30 am (F)	
12	13	14 Seated Full Fitness 10:00 am – 10:45 am (O)	15 PD 3 – 4 Class 2:00 pm – 3:00 pm PD 1 – 2 Class 3:30 pm – 4:30 pm (F)	16 Chair Yoga 11:30 am – 12:00 pm (O)	17	18 PD 1 - 4 Class 10:30 am – 11:30 am (F)	
19	20 RSB MoCo* Open Gym - PD 1-4 2:00 pm – 3:30 pm (F)	21 Seated Full Fitness 10:00 am – 10:45 am (O)	22 NO CLASS <i>(Coaches Training)</i>	23 Chair Yoga 11:30 am – 12:00 pm (O)	24	25 PD 1 - 4 Class 10:30 am – 11:30 am (F)	
26	27	28 Seated Full Fitness 10:00 am – 10:45 am (O)	29 PD 3 – 4 Class 2:00 pm – 3:00 pm PD 1 – 2 Class 3:30 pm – 4:30 pm (F)	30 Chair Yoga 11:30 am – 12:00 pm (O)			

(F) – Boxing Gym (In-Person Only) (O) – Virtual Only

Note: Effective Wednesday, September 1, 2021 RSB MoCo will no longer offer the virtual PD Exercise Class on Monday's.

**This session is offered as a make-up for no class on Wednesday, Sept. 22 due to coaches training,*