

# September 2022



## GROUP FITNESS CALENDAR

**Owner: Amber Cunningham**

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**[www.inspirebodymindspirit.com](http://www.inspirebodymindspirit.com)**

**\$8/class or \$50 monthly unlimited classes & weekly recorded videos. Student Monthly Cost = \$40**



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3 8:00a – Amber Kickboxing Bootcamp (Hickok Park – Donald St)
<p><b><i>Come workout with me on my NEW FITNESS APP for just \$1 for the first month. Follow me on Instagram at <a href="https://www.instagram.com/inspirebodymindspirit">inspirebodymindspirit</a>.</i></b></p>						
4	5 9:00a – Amber Special Labor Day Class (Hickok Park – Donald St)	6 Amber Strength Class Recorded (video sent out)	7 5:15a – Kristin FHSU Dike/Bridge (Dwight Dr) 8:15a – Amber Strength Circuits (Hickok Park)	8 Amber Core or Mobility Class Recorded (video sent out)	9	10 <b>NO CLASS</b> Join us for the 9/11 Memorial Stairs Event at FHSU (Meet at 7am)
11	12 5:15a – Kristin FIT (OutdoorPavilion) 8:15a – Amber Strength Circuits (Hickok Park)	13 Amber Strength Class Recorded (video sent out)	14 5:15a – Kristin FHSU Dike/Bridge (Dwight Dr) 8:15a – Amber Strength Circuits (Hickok Park)	15 Amber Core or Mobility Class Recorded (video sent out)	16	17 8:00a – Amber FHSU Bootcamp (Dike/Bridge - Dwight Dr)
18	19 5:15a – Kristin FIT (OutdoorPavilion) 8:15a – Amber Strength Circuits (Hickok Park)	20 Amber Strength Class Recorded (video sent out)	21 5:15a – Kristin FHSU Dike/Bridge (Dwight Dr) 8:15a – Amber Strength Circuits (Hickok Park)	22 Amber Core or Mobility Class Recorded (video sent out)	23	24 <b>NO CLASS</b> We apologize that both trainers are busy this day.
25	26 5:15a – Kristin FIT (OutdoorPavilion) 8:15a – Amber Strength Circuits (Hickok Park)	27 Amber Strength Class Recorded (video sent out)	28 5:15a – Kristin FHSU Dike/Bridge (Dwight Dr) 8:15a – Amber Strength Circuits (Hickok Park)	29 Amber Core or Mobility Class Recorded (video sent out)	30	