

September



The Ultimate Hand for Health

2026

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 6:15 AM - Burn30* 5:30 PM - Strong30**	2 5:30 AM - Rise30* 7:00 AM - Burn 30*	3 6:15 AM - Burn30*	4 7:00 AM - Burn30*	5 No Class 7:45 AM Heros & Heritage Race – volunteer
7 LABOR DAY – No Classes	8 6:15 AM - Burn30* 5:30 PM - Strong30**	9 5:30 AM - Rise30* 7:00 AM - Burn 30*	10 6:15 AM - Burn30*	11 7:00 AM - Burn 30*	12 8:00 AM - Circuit +TRX**
14 5:30 AM – Rise30* 7:00 AM – Burn30* 5:30 PM – The Canton Climb Walking Club**@	15 6:15 AM - Burn30* 5:30 PM - Strong30**	16 5:30 AM - Rise30* 7:00 AM - Burn 30*	17 6:15 AM - Burn30* 6:00 PM – Pilates & Prosecco	18 7:00 AM - Burn 30*	19 8:00 AM - Circuit +TRX** 9:00 AM – Let’s Talk About It – GLP-1s
21 5:30 AM – Rise30* 7:00 AM – Burn30* 5:30 PM – The Canton Climb Walking Club**@	22 6:15 AM - Burn30* 5:30 PM - Strong30**	23 5:30 AM - Rise30* 7:00 AM - Burn 30* 6:00 PM – PAUSE Social Club	24 6:15 AM - Burn30*	25 7:00 AM - Burn 30*	26 8:00 AM - Circuit +TRX**
28 5:30 AM – Rise30* 7:00 AM – Burn30* 5:30 PM – The Canton Climb Walking Club**@	29 6:15 AM - Burn30* 5:30 PM - Strong30**	30 5:30 AM - Rise30* 7:00 AM - Burn 30*	*Women’s Strength **Co-ed #Pop Up Event @Meet at McKinley Monument (bottom of steps)		