

Family Owned Always Satisfied



SUNRISE SOURDOUGH LLC
Artisan Breads & Micro-Bakery

PRE-ORDERS AVAILABLE
☎ 563-608-1276
Facebook: Sunrise Sourdough LLC
Thank you for supporting local!

Joni
Manternach
Check her
display in the
gym

SEPTEMBER 2026

Group Fitness

**WESTSIDE
FITNESS** 24

Lake of the Ozarks
Sunrise Beach, MO

SUN	MON	TUE	WED	THU	FRI	SAT
Bullock Septic Pumping 573-374-6688 They really know their Sh*t	PIRATES POINT 573-374-1260	1 Cycling 8am Buff Stretch 9am Kate YOGA 9:45am Colleen	2 FSC 8am Buff FSC 9am Buff Intro FSC Megan 10am	3 Cycling 8:15am Buff Stretch 9am Megan YOGA 9:45am Colleen	4 STATIONS FSC 8am Buff FSC 9am Buff Intro FSC Megan 10am	5 YOGA-Stretch 8:45am Colleen
 True Value HARDWARE STORES 573-374-9154 Sunrise Beach	7 LABOR DAY FSC 8:30am Buff Intro FSC 9:30am Megan	8 Cycling 8am Buff Stretch 9am Kate YOGA 9:45am Colleen	9 FSC 8am Buff FSC 9am Buff Intro FSC Megan 10am	10 Cycling 8:15am Buff Stretch 9am Megan YOGA 9:45am Colleen	11 STATIONS FSC 8am Buff FSC 9am Buff Intro FSC Megan 10am	12 YOGA-Stretch 8:45am Kiersten
13 HAPPY GRAND PARENTS DAY	14 FSC 8am Buff FSC 9am Buff Intro FSC Megan 10am	15 Cycling 8am Buff Stretch 9am Kate YOGA 9:45am Colleen	16 FSC 8am Buff FSC 9am Buff Intro FSC Megan 10am	17 Cycling 8:15am Buff Stretch 9am Kate YOGA 9:45am Colleen	18 STATIONS FSC 8am Buff FSC 9am Buff Intro FSC Kate 10am	19 YOGA-Stretch 8:45am Kiersten <i>Buffy & Kate's Strongwoman Contest in Jeff City</i>
20 Tufts Electric, LLC  <i>"We Know The Drill!"</i> Dock Inspections Dock Wiring Remodels Residential & Commercial Brian Tufts, Owner tuftelectric@gmail.com www.tuftelectric.com Call: 573-480-1545	21 FSC 8am Buff FSC 9am Buff Intro FSC Kate 10am	22 Cycling 8am Buff Stretch 9am Kate YOGA 9:45am Colleen	23 FSC 8am Buff FSC 9am Buff Intro FSC Megan 10am	24 Cycling 8:15am Buff Stretch 9am Megan YOGA 9:45am Colleen	25 STATIONS FSC 8am Buff FSC 9am Buff Intro FSC Megan 10am	26 YOGA-Stretch 8:45am Kiersten
27 CLARY 573-374-5100 CONCRETE	28 FSC 8am Buff FSC 9am Buff Intro FSC Megan 10am	29 Cycling 8am Buff Stretch 9am Kate YOGA 9:45am Colleen	30 FSC 8am Buff FSC 9am Buff Intro FSC Megan 10am	FSC - FUNCTIONAL STRENGTH AND CONDITIONING IS A 45 MIN. GROUP FITNESS CLASS FOR ALL AGES AND FITNESS LEVELS. BUFFY AND MEGAN COACH MOVEMENTS FOR A BETTER LIFE. INTRO TO FSC: 30 MIN, FOR ANYONE NEW TO GROUP FITNESS. STRETCH CLASS: FULL-BODY STRETCH TO IMPROVE MOBILITY & FLEXIBILITY.		

SHOP LOCAL

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