

FITNESS SCHEDULE

SEPTEMBER 7 - SEPTEMBER 11

MONDAY

facility
closed

LABOR
DAY

TUESDAY



PILATES SCULPT
CHLOE
6:00AM-6:45AM



BOXING
DARCEY
8:00AM-8:45AM



YOGA
JAMI
9:00AM-10:00AM



CHAIR YOGA
JAMI
10:00AM-11:00AM

WEDNESDAY



DANCE FITNESS
SUB MOLLY
8:30AM-9:30AM



GENTLE STRETCH
AIMEE
NO CLASS



**senior
SIT & STRETCH**
AIMEE
NO CLASS



CARDIO SCULPT
TAMMY
6:00PM-7:00PM

THURSDAY



STRENGTH
JAMI
9:00AM-10:00AM



GENTLE YOGA
JAMI
10:00AM-11:00AM



LINE DANCING
BETTY
11:15AM-12:15PM

FRIDAY



DANCE FITNESS
AIMEE
8:30AM-9:30AM



GENTLE STRETCH
AIMEE
9:30AM-10:30AM



**ALL CLASSES ARE
\$5 DROP IN!**



**SILVER SNEAKERS/ONE
PASS MEMBERS GET 1
FREE CLASS PER WEEK.**



**ALL PARTICIPANTS MUST
CHECK IN AT THE FRONT
DESK PRIOR TO CLASS.**