

## MONDAY

**BOOM MOVE**  
8:30 - 9:30 AM  
\$5 DROP-IN

**SILVER FITNESS**  
9:30 - 10:30 AM  
\$5 DROP-IN

**BEG. LINE DANCE**  
10:30 - 11:15 AM  
\$5 DROP-IN

**TABATA**  
6:00 - 7:00 PM  
\$5 DROP-IN

**WERQ**  
7:00 - 7:45 PM  
\$5 DROP-IN

## TUESDAY

**YOGA**  
9:00 - 10:00 AM  
\$5 DROP-IN

**CHAIR YOGA**  
10:00 - 11:00 AM  
\$5 DROP-IN

**VINYASA YOGA**  
7:00 - 8:00 PM  
\$5 DROP-IN

## WEDNESDAY

**BOOM MOVE**  
8:30 - 9:30 AM  
\$5 DROP-IN

**GENTLE STRETCH**  
9:30 - 10:30 AM  
\$5 DROP-IN

**CARDIO SCULPT**  
6:00 - 7:00 PM  
\$5 DROP-IN

## THURSDAY

**STRENGTH**  
9:00 - 10:00 AM  
\$5 DROP-IN

**GENTLE YOGA**  
10:00 - 11:00 AM  
\$5 DROP-IN

**LINE DANCING**  
11:00 - 12:00 PM  
\$5 DROP-IN

## FRIDAY

**BOOM MOVE**  
8:30 - 9:30 AM  
\$5 DROP-IN

**GENTLE STRETCH**  
9:30 - 10:30 AM  
\$5 DROP-IN

## SATURDAY

**URBAN KICK**  
9:30 - 10:30 AM  
\$5 DROP-IN  
NO CLASS 1/14

# JANUARY

## FITNESS CLASS SCHEDULE

**ALL SILVER SNEAKERS  
MEMBERS GET 1 FREE  
CLASS PER WEEK.**

**PLEASE CHECK IN AT  
THE FRONT DESK  
PRIOR TO CLASS!**

 **AIMEE**

 **TAMMY**

 **JAMI**

 **BETTY**

 **EMMA**