

FITNESS BULLETIN

AUGUST 1 - AUGUST 5

MONDAY

BOOM MOVE - AIMEE
8:30 - 9:30 AM

SILVER FITNESS - AIMEE
9:30 - 10:30

BEGINNER
LINE DANCE - AIMEE
10:30 - 11:00 AM

TABATA - TAMMY
6:00 - 7:00 PM

WERQ - TAMMY
7:00 - 7:45 PM

TUESDAY

YOGA - JAMI
NO CLASS

CHAIR YOGA - JAMI
NO CLASS

VINYASA YOGA - EMMA
7:00 - 8:00 PM

THURSDAY

STRENGTH- JAMI
NO CLASS

GENTLE YOGA - JAMI
NO CLASS

LINE DANCING - BETTY
NO CLASS

WEDNESDAY

BOOM MOVE - AIMEE
8:30 - 9:30 AM

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

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

FRIDAY

BOOM MOVE - AIMEE
8:30 - 9:30 AM

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

ALL CLASSES = \$5 DROP IN

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

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