

FITNESS BULLETIN

SEPTEMBER 19 - SEPTEMBER 23

MONDAY

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

SILVER FITNESS - AIMEE
9:30 - 10:30 AM

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
9:00 - 10:00 AM

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

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

THURSDAY

STRENGTH- JAMI
9:00 - 10:00 AM

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

LINE DANCING - BETTY
11:00 - 12:00 PM

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.**