

## MONDAY

### BOOM MOVE

8:30-9:30 AM  
\$5 DROP IN

### SILVER FITNESS

9:30-10:30 AM  
\$5 DROP IN

### BEG. LINE DANCE

10:30-11:00 AM  
\$5 DROP IN

### TABATA/CORE

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

### WERQ

7:00-7:45PM  
\$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

7:00-8:00PM  
\$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

11:05-12:05 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

-  = AIMEE'S CLASS
-  = JAMI'S CLASS
-  = TAMMY'S CLASS
-  = EMMA'S CLASS
-  = BETTY'S CLASS

## FITNESS CLASS SCHEDULE

# SEPTEMBER

SILVER SNEAKERS MEMBERS  
GET **ONE FREE CLASS** OF  
THEIR CHOICE PER WEEK

PLEASE CHECK IN AT THE FRONT DESK PRIOR TO CLASS!