

FITNESS BULLETIN

SEPTEMBER 30 - OCTOBER 5

Monday

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

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

BEG. LINE DANCE - AIMEE DH
10:30AM - 11:00AM

TABATA - TAMMY
6:00PM - 7:00PM

Tuesday

RISE & BURN - AIMEE R
5:45AM - 6:30AM

YOGA - JAMI
9:00AM - 10:00AM

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

POUND - AIMEE R
7:00PM - 8:00PM

Wednesday

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

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

SENIOR SIT & STRETCH - AIMEE DH
10:30AM - 11:30AM

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

Thursday

RISE & BURN - AIMEE R
5:45AM - 6:30AM

STRENGTH - JAMI
9:00AM - 10:00AM

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

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

Friday

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

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

Saturday

URBANKICK - TAMMY
9:30AM - 10:30AM

ALL CLASSES ARE \$5 DROP IN!

SILVER SNEAKERS MEMBERS GET 1
FREE CLASS PER WEEK.

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

