

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

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

FITNESS CLASS SCHEDULE

AUGUST

PLEASE CHECK IN AT THE FRONT DESK PRIOR TO CLASS!