

FITNESS CLASSES

2023 Schedule

MONDAY

BOOM MOVE
8:30AM - 9:30AM
\$5 Drop-in

SILVER FITNESS
9:30AM - 10:30AM
\$5 Drop-in

TABATA
6:00PM - 7:00PM
\$5 Drop-in

WERQ
7:00PM - 7:45PM
\$5 Drop-in

TUESDAY

RISE & BURN
6:00AM - 7:00AM
\$5 Drop-in

YOGA
9:00AM - 10:00AM
\$5 Drop-in

CHAIR YOGA
10:00AM - 11:00AM
\$5 Drop-in

POUND
7:00PM - 8:00PM
\$5 Drop-in

WEDNESDAY

BOOM MOVE
8:30AM - 9:30AM
\$5 Drop-in

GENTLE STRETCH
9:30AM - 10:30AM
\$5 Drop-in

CARDIO SCULPT
6:00PM - 7:00PM
\$5 Drop-in

THURSDAY

RISE & BURN
6:00AM - 7:00AM
\$5 Drop-in

STRENGTH
9:00AM - 10:00AM
\$5 Drop-in

GENTLE YOGA
10:00AM - 11:00AM
\$5 Drop-in

LINE DANCING
11:15AM - 12:15PM
\$5 Drop-in

FRIDAY

BOOM MOVE
8:30AM - 9:30AM
\$5 Drop-in

GENTLE STRETCH
9:30AM - 10:30AM
\$5 Drop-in

SATURDAY

URBANKICK
9:30AM - 10:30AM
\$5 Drop-in

● AIMEE R
 ● JAMI
 ● BETTY
 ● AIMEE D
 ● TAMMY