

FITNESS BULLETIN

JANUARY 23 - JANUARY 28

monday

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

SILVER FITNESS - AIMEE
9:30 - 10:30 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
NO CLASS

thursday

STRENGTH - JAMI
9:00 - 10:00 AM

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

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

saturday

URBAN KICK - TAMMY
9:30 - 10:30 AM

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 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.