

MONDAY

BOOM MOVE

8:30AM - 9:30AM

\$5 Drop-in

SILVER FITNESS

9:30AM - 10:30AM

\$5 Drop-in

BEGIN. LINE DANCE

10:30AM - 11:00AM

\$5 Drop-in

TABATA

6:00PM - 7:00PM

\$5 Drop-in

TUESDAY

INTRO TO BOXING

8:00AM - 8:45AM

\$5 Drop-in

YOGA

9:00AM - 10:00AM

\$5 Drop-in

CHAIR YOGA

10:00AM - 11:00AM

\$5 Drop-in

WEDNESDAY

BOOM MOVE

8:30AM - 9:30AM

\$5 Drop-in

GENTLE STRETCH

9:30AM - 10:30AM

\$5 Drop-in

SENIOR SIT & STRETCH

10:30AM - 11:30AM

\$5 Drop-in

CARDIO SCULPT

6:00PM - 7:00PM

\$5 Drop-in

THURSDAY

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

JANUARY

FITNESS SCHEDULE



Aimee DH



Tammy



Jami



Betty



Darcey