

Fitness Bulletin

DECEMBER 1-6

Monday

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

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

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

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

Tuesday

INTRO TO BOXING - DARCEY
8:00AM - 8:45AM

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

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

Wednesday

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

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

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

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

Thursday

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

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

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

Friday

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

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

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

Saturday

URBANKICK - TAMMY
NO CLASS

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.**