

FITNESS BULLETIN

MAY 22 - MAY 27

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

thursday

STRENGTH - JAMI
9:00 - 10:00 AM

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

LINE DANCING - BETTY
11:00 - NOON

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

saturday

URBAN KICK - TAMMY
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.**

