

## 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

# MARCH

## FITNESS SCHEDULE



Aimee DH



Tammy



Jami



Betty



Darcey