

JANUARY FITNESS CLASS SCHEDULE

ALL MORNING CLASSES ARE \$5 DROP IN
ALL EVENING CLASSES ARE \$7 DROP IN

SILVER SNEAKERS MEMBERS
RECEIVE **ONE FREE CLASS** EACH WEEK

**PLEASE CHECK IN AT THE FRONT DESK
EACH WEEK TO CLAIM YOUR FREE
CLASS FOR THE WEEK*

 = AIMEE'S CLASS

 = JAMI'S CLASS

 = TAMMY'S CLASS

 = BETTY'S CLASS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BOOM MOVE 8:30-9:30 AM \$5 DROP IN	YOGA 9:00-10:00 AM \$5 DROP IN	BOOM MOVE 8:30-9:30 AM \$5 DROP IN	STRENGTH 9:00-10:00 AM \$5 DROP IN	BOOM MOVE 8:30-9:30 AM \$5 DROP IN
GROOVE 9:30-10:30 AM \$5 DROP IN	CHAIR YOGA 10:00-11:00 AM \$5 DROP IN	GENTLE STRETCH 9:30-10:30 AM \$5 DROP IN	GENTLE YOGA 10:00-11:00 AM \$5 DROP IN	GENTLE STRETCH 9:30-10:30 AM \$5 DROP IN
SILVER FITNESS 9:30-10:30 AM \$5 DROP IN			LINE DANCING 11:00-12:00 PM \$5 DROP IN	
BEG. BOOM MOVE 10:30-11:00 AM \$5 DROP IN				
TABATA/CORE 6:00-7:00 PM \$7 DROP IN		CARDIO SCULPT 6:00-7:00 PM \$7 DROP IN		
WERQ 7:00-7:45PM \$7 DROP IN				

