FITNESS SCHEDULE

NOVEMBER 16 - NOVEMBER 20

MONDAY

DANCE FITNESS
AIMEE
8:30AM-9:30AM

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

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

TABATA
TAMMY
6:00PM-7:00PM

TUESDAY

PILATES SCULPT
CHLOE
6:00AM-6:45AM

BOXING
DARCEY
8:00AM-8:45AM

YOGA
JAMI
9:00AM-10:00AM

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

WEDNESDAY

DANCE FITNESS
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

DANCE FITNESS
AIMEE
8:30AM-9:30AM

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

ALL CLASSES ARE $5 DROP IN!

SILVER SNEAKERS/ONE PASS MEMBERS GET 1 FREE CLASS PER WEEK.

ALL PARTICIPANTS MUST CHECK IN AT THE FRONT DESK PRIOR TO CLASS.