



# FITNESS SCHEDULE

## STRONGER TOGETHER



**BUILD STRENGTH**  
Build a stronger body and mind.



**REDUCE STRESS**  
Movement helps you feel your best.



**COMMUNITY**  
Find motivation and support.



**FEEL GOOD**  
Stay active. Live well.

All classes are \$5 Drop-in

### MONDAY

#### BOOM MOVE

8:30AM - 9:30AM  
\$5 Drop-in  
*Aimee DH*

#### SILVER FITNESS

9:30AM - 10:30AM  
\$5 Drop-in  
*Aimee DH*

#### BEGIN. LINE DANCE

10:30AM - 11:00AM  
\$5 Drop-in  
*Aimee DH*

#### TABATA

6:00PM - 7:00PM  
\$5 Drop-in  
*Tammy*

### TUESDAY

#### INTRO TO BOXING

8:00AM - 8:45AM  
\$5 Drop-in  
*Darcey*

#### YOGA

9:00AM - 10:00AM  
\$5 Drop-in  
*Jami*

#### CHAIR YOGA

10:00AM - 11:00AM  
\$5 Drop-in  
*Jami*

### WEDNESDAY

#### BOOM MOVE

8:30AM - 9:30AM  
\$5 Drop-in  
*Aimee DH*

#### GENTLE STRETCH

9:30AM - 10:30AM  
\$5 Drop-in  
*Aimee DH*

#### SIT & STRETCH

10:30AM - 11:30AM  
\$5 Drop-in  
*Aimee DH*

#### CARDIO SCULPT

6:00PM - 7:00PM  
\$5 Drop-in  
*Tammy*

### THURSDAY

#### STRENGTH

9:00AM - 10:00AM  
\$5 Drop-in  
*Jami*

#### GENTLE YOGA

10:00AM - 11:00AM  
\$5 Drop-in  
*Jami*

#### LINE DANCING

11:15AM - 12:15PM  
\$5 Drop-in  
*Betty*

### FRIDAY

#### BOOM MOVE

8:30AM - 9:30AM  
\$5 Drop-in  
*Aimee DH*

#### GENTLE STRETCH

9:30AM - 10:30AM  
\$5 Drop-in  
*Aimee DH*

*We can't wait to see you!* 

