

May

FITNESS CLASS SCHEDULE

MONDAY

BOOM MOVE
8:30 - 9:30 AM
\$5 DROP-IN

SILVER FITNESS
9:30 - 10:30 AM
\$5 DROP-IN

TABATA
6:00 - 7:00 PM
\$5 DROP-IN

WERQ
7:00 - 7:45 PM
\$5 DROP-IN

TUESDAY

YOGA
9:00 - 10:00 AM
\$5 DROP-IN

CHAIR YOGA
10:00 - 11:00 AM
\$5 DROP-IN

WEDNESDAY

BOOM MOVE
8:30 - 9:30 AM
\$5 DROP-IN

GENTLE STRETCH
9:30 - 10:30 AM
\$5 DROP-IN

CARDIO SCULPT
6:00 - 7:00 PM
\$5 DROP-IN

THURSDAY

STRENGTH
9:00 - 10:00 AM
\$5 DROP-IN

GENTLE YOGA
10:00 - 11:00 AM
\$5 DROP-IN

LINE DANCING
11:00 - 12:00 PM
\$5 DROP-IN

FRIDAY

BOOM MOVE
8:30 - 9:30 AM
\$5 DROP-IN

GENTLE STRETCH
9:30 - 10:30 AM
\$5 DROP-IN

**ALL SILVER SNEAKERS
MEMBERS GET 1 FREE
CLASS PER WEEK.**

**PLEASE CHECK IN AT
THE FRONT DESK
PRIOR TO CLASS!**

 JAMI

 BETTY

 AIMEE

 TAMMY

