

JULY

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! 