

FITNESS SCHEDULE

JULY 20 - JULY 24

MONDAY



BOOM MOVE

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



BOXING

DARCEY
8:00AM-8:45AM



YOGA

JAMI
9:00AM-10:00AM



CHAIR YOGA

JAMI
10:00AM-11:00AM

WEDNESDAY



BOOM MOVE

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



BOOM MOVE

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.