FITNESS CLASS SCHEDULE

NOVEMBER

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BOOM MOVE 8:30-9:30 AM $5 DROP IN	**YOGA** 9:00-10:00 AM $5 DROP IN	**BOOM MOVE** 8:30-9:30 AM $5 DROP IN	**STRENGTH** 9:00-10:00 AM $5 DROP IN	**BOOM MOVE** 8:30-9:30 AM $5 DROP IN
SILVER FITNESS 9:30-10:30 AM $5 DROP IN	**CHAIR YOGA** 10:00-11:00 AM $5 DROP IN	**GENTLE STRETCH** 9:30-10:30 AM $5 DROP IN	**GENTLE YOGA** 10:00-11:00 AM $5 DROP IN	**GENTLE STRETCH** 9:30-10:30 AM $5 DROP IN
BEG. LINE DANCE 10:30-11:15 AM $5 DROP IN	**VINYASA YOGA** 7:00-8:00PM $5 DROP IN	**CARDIO SCULPT** 6:00-7:00 PM $5 DROP IN	**LINE DANCING** 11:05-12:05 PM $5 DROP IN	
TABATA/CORE 6:00-7:00 PM $5 DROP IN				
WERQ 7:00-7:45PM $5 DROP IN				

= AIMEE'S CLASS

= JAMI'S CLASS

= TAMMY'S CLASS

= EMMA'S CLASS

= BETTY'S CLASS

SILVER SNEAKERS MEMBERS

GET ONE FREE CLASS OF THEIR CHOICE PER WEEK

PLEASE CHECK IN AT THE FRONT DESK PRIOR TO CLASS!