

## MONDAY

### BOOM MOVE

8:30AM - 9:30AM

\$5 Drop-in

### SILVER FITNESS

9:30AM - 10:30AM

\$5 Drop-in

### BEGIN. LINE DANCE

10:30AM - 11:00AM

\$5 Drop-in

### INTRO TO BOXING

5:00PM - 5:45PM

\$5 Drop-in

### TABATA

6:00PM - 7:00PM

\$5 Drop-in

## TUESDAY

### INTRO TO BOXING

8:00AM - 8:45AM

\$5 Drop-in

### YOGA

9:00AM - 10:00AM

\$5 Drop-in

### CHAIR YOGA

10:00AM - 11:00AM

\$5 Drop-in

## WEDNESDAY

### BOOM MOVE

8:30AM - 9:30AM

\$5 Drop-in

### GENTLE STRETCH

9:30AM - 10:30AM

\$5 Drop-in

### SENIOR SIT & STRETCH

10:30AM - 11:30AM

\$5 Drop-in

### CARDIO SCULPT

6:00PM - 7:00PM

\$5 Drop-in

## THURSDAY

### INTRO TO BOXING

6:00AM - 6:45AM

\$5 Drop-in

### STRENGTH

9:00AM - 10:00AM

\$5 Drop-in

### GENTLE YOGA

10:00AM - 11:00AM

\$5 Drop-in

### LINE DANCING

11:15AM - 12:15PM

\$5 Drop-in

### INTRO TO BOXING

1:00PM - 1:45PM

\$5 Drop-in

## FRIDAY

### BOOM MOVE

8:30AM - 9:30AM

\$5 Drop-in

### GENTLE STRETCH

9:30AM - 10:30AM

\$5 Drop-in

## SATURDAY

### URBANKICK

9:30AM - 10:30AM

\$5 Drop-in

# February

## FITNESS SCHEDULE

 Aimee DH  Tammy  Jami  Betty  Darcey