MONDAY

BOOM MOVE

8:30AM - 9:30AM \$5 Drop-in

TUESDAY

RISE & BURN

5:45AM - 6:30AM \$5 Drop-in

WEDNESDAY

BOOM MOVE

8:30AM - 9:30AM \$5 Drop-in

THURSDAY

RISE & BURN

5:45AM - 6:30AM \$5 Drop-in

FRIDAY

BOOM MOVE

8:30AM - 9:30AM \$5 Drop-in

SILVER FITNESS

9:30AM - 10:30AM \$5 Drop-in

YOGA

9:00AM - 10:00AM \$5 Drop-in

GENTLE STRETCH

9:30AM - 10:30AM \$5 Drop-in

STRENGTH

9:00AM - 10:00AM \$5 Drop-in

GENTLE STRETCH

9:30AM - 10:30AM \$5 Drop-in

BEGIN, LINE DANCE

10:30AM - 11:00AM \$5 Drop-in

TABATA

6:00PM - 7:00PM

CHAIR YOGA

10:00AM - 11:00AM \$5 Drop-in

CARDIO SCULPT

6:00PM - 7:00PM \$5 Drop-in

GENTLE YOGA

10:00AM - 11:00AM \$5 Drop-in

POUND

7:00PM - 8:00PM \$5 Drop-in

LINE DANCING

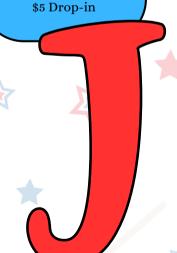
11:15AM - 12:15PM \$5 Drop-in

GATURDAY

URBANKICK

9:30AM - 10:30AM \$5 Drop-in **7/6 & 7/20**

PLEASE CHECK
IN AT THE
FRONT DESK
PRIOR TO
CLASS.



FITNESS SCHEDULE

AIMEE DH T

TAMMY AIMEE R

JAMI

) BETTY