

## 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

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

## TUESDAY

**RISE & BURN**  
5:45AM - 6:30AM  
\$5 Drop-in

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

**CHAIR YOGA**  
10:00AM - 11:00AM  
\$5 Drop-in

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

## WEDNESDAY

**BOOM MOVE**  
8:30AM - 9:30AM  
\$5 Drop-in

**GENTLE STRETCH**  
9:30AM - 10:30AM  
\$5 Drop-in

**NEW CLASS!**  
Starting September 11  
**SENIOR  
SIT & STRETCH**  
10:30AM - 11:30AM  
\$5 Drop-in

**CARDIO SCULPT**  
6:00PM - 7:00PM  
\$5 Drop-in

## THURSDAY

**RISE & BURN**  
5:45AM - 6:30AM  
\$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

## 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  
9/7 & 9/14

# September

## FITNESS SCHEDULE

● Aimee DH ● Tammy ● Aimee R ● Jami ● Betty