

Fitness & Wellness Class Schedule June Updated

Time	Sun	Mon	Tues	Wed	Thur	Fri
7:45 AM		Total Body (50)		Total Body (50)		Total Body (50)
8:00 AM			Stretch & Stability (45)		Stretch & Stability (45)	
8:45 AM		Pilates (50)		Pilates (50)		Mat Pilates (50)
9:00 AM						
10:00 AM		Aqua (50)	Tai Chi (50)	Aqua (50) Vinyasa (50)	Tai Chi (50)	Aqua (50)
11:00 AM		Rock Steady Boxing (80)	Stretch & Stability (45)	Rock Steady Boxing (80)	Stretch & Stability (45)	
12:00 PM						
1:00 PM	Chair Yoga (50)	Rock Steady Boxing (80)		Rock Steady Boxing (80)		
2:00 PM	Vinyasa (50)		Vinyasa (50)			
2:30 PM		Boxing 4 Life (50)		Boxing 4 Life (50)		
3:00 PM			Chair Yoga (50)		Chair Yoga (50)	
4:00PM		Dance (60)*				
5:00PM		Dance (60)*				

AL: Wed at 11:30 am-12pm Chair Stretching

SN: Tues/Thurs 10:00am- 10:30am Dumbbells, Bands & Balls Class

MC: Tues/Thurs 9:15am-9:45am

Sign up with Kim downstairs