

Fitness & Wellness Class Schedule

Time	Monday	Tuesday	Wednesday	Thursday	Friday
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	Aqua (45)		Aqua (45)		Aqua (45)
10:00 AM	Total Body (50)	Tai Chi (50)	Total Body (50)	Tai Chi (50)	Total Body (50)
11:00 AM	Rock Steady Boxing (80)	Stretch & Stability (45)	Rock Steady Boxing (80)	Stretch & Stability (45)	
12:00 PM					
1:00 PM					
2:00 PM					
2:30 PM	Boxing 4 Life (50)	Chair Yoga (50)	Boxing 4 Life (50)		Chair Yoga (50)
3:00 PM					
3:30 PM		Vinyasa (50)			Vinyasa (50)
4:00 PM	Dance (60)*				
5:00 PM	Dance (60)*				

AL: Wed at 11:15 am-12:00 pm Chair Stretching

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

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

Sign up with Kim downstairs