



Fitness Class Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:00a	Boot Camp Gold	Core Barre	Boot Camp Gold	Pilates	Zumba Toning	Core Barre
10:00a		Zumba Gold		Zumba Gold Toning		FREE Community Circuit Class
10:15a	SilverSneakers Classic		SilverSneakers Classic		Gentle Yoga	
11:15a					SilverSneakers Classic	
12:30p						
6:00p			Pilates			
7:00p	TRX Fusion	Zumba Toning	STRONG by Zumba	Core Barre		

Ask about our FREE CLASS Coupon!

Schedule is subject to change. Please sign up in advance and check status of class before attending.

Instructors: Cyndy DuVal, Michelle Kitching, Josh Nelson and Colette Curtis