



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		
10:15a	SilverSneakers Classic		SilverSneakers Classic		Gentle Yoga	
11:15a	MELT Hand & Foot 4 Week Enrollment				SilverSneakers Classic	
6:00p			Pilates			
7:00p	TRX Fusion	Zumba Toning	MELT Hand & Foot 4 Week Enrollment	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, Kati Maday, Emma Richmond, Julie Richmond, Colette Curtis and Cheryl Sussman