



# 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 (Level 1)		SilverSneakers Classic (Level 1)		Gentle Yoga	
11:15a					SilverSneakers Classic (Level 1)	
12:30p	SilverSneakers Circuit (Level 2)		SilverSneakers Circuit (Level 2)			
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, Kathy Anderson, Josh Nelson and Colette Curtis