



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8 am		8:00 - 9:00 Pilates I Bob		8:00 - 9:00 Pilates I Bob		
9 am	9:00 – 10:00 Fit For Life Bob	9:00 – 10:00 Power Walking Christine	9:00 – 10:00 Fit For Life Wendy		9:00 – 10:00 Fit For Life Wendy	9:00 – 10:00 Zumba Jean
	9:30 – 9:59 29 Min Cardio Interval Christine	9:30 – 9:59 29 Min Balance Bob	9:30 – 9:59 29 Min Cardio Interval Christine	9:30 – 9:59 29 Min Stretch Bob	9:30 – 9:59 29 Min Cardio Interval Christine	
10 am	10:00 – 11:00 Sculpting Christine	10:05 – 11:00 Zumba Wendy	10:00 - 10:29 29 Min Sculpt Christine	10:05 – 11:00 Zumba Wendy	10:00 - 10:29 29 Min Sculpt Christine	
			10:00 – 11:00 Step II Wendy		10:00 – 11:00 Step II Wendy	
					10:05 – 11:05 SilverSneakers® Yoga Stretch Bob	
11 am	11:15 - 12:15 SilverSneakers® I Tippi	11:01-11:30 29 Min Abs Only Marisal	11:15 - 12:15 SilverSneakers® I Tippi	11:01-11:30 29 Min Abs Only Marisal	11:15 - 12:15 SilverSneakers® I Tippi	
		11:45 – 12:45 SilverSneakers® II Bob		11:35 - 12:35 Yoga I Geri		
12 pm			12:25 – 12:54 29 Min Yoga Carol		12:25 – 12:54 29 Min Sculpt Carol	
5pm	**6:15 – 6:45 29 Min Abs Only Christine		**6:15 – 6:45 29 Min Sculpt Christine			
6 pm	6:00 - 7:00 Step II Jean	6:00 - 7:00 Pilates I Maxine	6:00 - 7:00 Yoga I Carol	6:00 - 7:00 Zumba Jean		
7 pm	7:15 - 8:15 Yoga I Geri		7:15 - 8:15 Body Flex Brian			

**Please note there has to be 3
 participants to have class.**

Please note time changes are effective: Monday, August 18, 2008