GROUP FITNESS CLASSES

MON	TUE	WED	THU	FRI	SAT	SUN
PILATES 9:00 AM w Bev O.	**TAI CHI** 9:00 AM w Mikhail	**SILVER SNEAKERS** 10:00 AM w Barbie	**FULL BODY WORKOUT** 10:00 AM w Bev O.	**GENTLE YOGA** 10:00 AM w Barbie		**KINGSMAN BOXING** 1:00 PM w Darin
CARDIO DRUMMING 10:00 AM w Bev O.	**FULL BODY WORKOUT** 10:00 AM w Bev O.	**SPINNING** 5:30 PM w Esther	**CHAIR YOGA w HAND WEIGHTS** 11:00 AM w Bev O.			
SILVER SNEAKERS 11:00 AM w Bev O.	**CHAIR YOGA w HAND WEIGHTS** 11:00 AM w Bev O.	**KICK BOXING** 6:30 PM w Essene	**EASY DOES IT** 12:15 PM w Essene			
SPINNING 5:30 PM w Dave	**EASY DOES IT** 12:15 PM w Essene		**ROCK STEADY BOXING** 1:00 & 3:00 PM w Dawn			
KICK BOXING 6:30 PM w Essene	**ROCK STEADY BOXING** 1:00 & 3:00 PM w Dawn		**GENTLE YOGA** 5:30 PM w Barbie			
	YOGA 5:30 PM w Sarah		**ZUMBA** 6:30 PM w Maru			
	ZUMBA 6:30 PM w Jenny					