






MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
8:45 – 9:45		8:30 – 9:00		8:45 – 9:45		8:30 – 9:00		8:45 – 9:45	
HIIT (High intensity interval training )		ABS AND ARMS		HIIT (High intensity interval training)		ABS AND ARMS Suzanne		YOGA SCULPT Cheryl ( yoga center) upstairs activity center	
8:30 – 9:15		9:00-10:00	9:00-10:00			9:00-10:00		8:30 – 9:15	
SilverSneakers® Kimberly (activity center)		TOTAL SPIN Suzanne	High intensity cardio Fit Nancy			TOTAL SPIN Suzanne		SilverSneakers® Kimberly( activity center)	
10:00 – 10:45		10:00-10:45		10:00 – 10:45		10:00 – 10:45		10:00 – 10:45	
OMS (On the Move Senior) Dianne		Sr. BOOST/chair yoga Margaret ( Activity cnt)		OMS (On the Move Senior) Dianne		ZUMBA GOLD Joan		OMS (On the Move Senior) Dianne	
		11:00-11:45		11:00 – 11:45		11:00-11:45		11:15 – 12:00	
		PILATES WORKOUT Melanie		Senior Fit Melanie		PILATES Melanie		CARDIO BURN ! Melanie	
4:30 – 5:20		4:30-5:15		4:30 – 5:20					
SPECIAL NEEDS FITNESS		Wheelchair Fitness Activity center		SPECIAL NEEDS FITNESS					
		5:30-6:30		5:30-6:00		5:30 – 6:30		5:30 – 6:15	
		INTERVAL KICKBOXING & WEIGHTS JENNIFER		KETTLE BELLS CYNTHIA		Turbo Kick Lisa R,		Kettle Bell & Stretch Cheryl Activity Center	
6:00 – 7:00	6:00 – 7:00			6:00-7:00	6:00-6:30				
ZUMBA Lisa R	SPIN Cynthia			BARRE 365 KYLIE	SPIN CYNTHIA				
		6:30 – 7:15				6:15-7:15			
		Strength with Steeve. (weights, no cardio)				YOGA FLOW (Yoga Center) upstairs in activity cnt			

