





+ MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:45 – 9:45 HIIT (High intensity interval training) Lisa C	8:30 – 9:00 ABS AND ARMS Suzanne	8:45 – 9:45 HIIT (High intensity interval training) Lisa C	8:30 – 9:00 ABS AND ARMS Suzanne	8:45 – 9:45 YOGA SCULPT Cheryl (yoga Center)
8:30 – 9:15 SilverSneakers® (Kimberly activity center))	9:00-10:00 TOTAL SPIN Suzanne		9:00-10:00 TOTAL SPIN Suzanne	8:30 – 9:15 SilverSneakers® Kimberly(activity center)
10:00 – 10:45 OMS (On the Move Senior) Dianne	10:00-10:45 Sr. BOOST/chair yoga Margaret (Activity cnt)	10:00 – 10;45 OMS (On the Move Senior) Dianne	10:00 – 10:45 ZUMBA GOLD Joan	10:00 – 10:45 OMS (On the Move Senior) Dianne
	11:00-11:45 PILATES WORKOUT Melanie	11:00 – 11:45 Senior Fit Melanie	11:00-11:45 PILATES Melanie	11:15 – 12:00 CARDIO BURN ! Melanie
4:30 – 5:20 SPECIAL NEEDS FITNESS		4:30 – 5:20 SPECIAL NEEDS FITNESS		
6:00 – 7:00 ZUMBA Lisa R	5:30-6:15 TABATA POWER Lisa C	5:30-6:30 Interval kickboxing, weights Jennifer	5:30 – 6:30 ZUMBA Lisa R	5:00 – 5:45 Cardio Strength Circuit Mindi
6:00 – 7:00 SPIN Cynthia	6:30 – 7:15 WERQ(dance Fitness) Mindi	6:00-7.00 SPIN/Kettle bells Cynthia	6:15-7:15 YOGA FLOW Cheryl (Yoga Center)	
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