





+ MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:45 – 9:45 <b>HIIT (High intensity interval training )</b> Lisa C	8:30 – 9:00 <b>ABS AND ARMS</b> Suzanne	8:45 – 9:45 <b>HIIT (High intensity interval training)</b> Lisa C	8:30 – 9:00 <b>ABS AND ARMS</b> Suzanne	8:45 – 9:45 <b>YOGA SCULPT</b> Upstairs Activity Center Cheryl
8:30 – 9:15 <b>SilverSneakers®</b> (Kimberly activity center))	9:00-10:00 <b>TOTAL SPIN</b> Suzanne		9:00-10:00 <b>TOTAL SPIN</b> Suzanne	8:30 – 9:15 <b>SilverSneakers®</b> (Kimberly activity center)
10:00 – 10:45 <b>OMS (On the Move Senior)</b> Dianne	10:00-11:00 <b>BOOM/CHAIR YOGA</b> Margaret	10:00 – 10:45 <b>OMS (On the Move Senior)</b> Dianne	10:00 – 10:45 <b>ZUMBA GOLD</b> Joan activity center	10:00 – 10:45 <b>OMS (On the Move Senior)</b> Dianne
	11:00-11:45 <b>PILATES WORKOUT</b> Melanie	11:00 – 11:45 <b>Senior Fit</b> Melanie	11:00-11:45 <b>PILATES</b> Melanie	11:15 – 12:00 <b>CARDIO BURN !</b> Melanie
		5:30-6:30 <b>KICKING CARDIO</b> Jennifer		5:00 – 5:45 <b>WERQ (dance/fitness)</b> Mindi
6:30-7:15 <b>SPIN</b> Cynthia	5:30-6:15 <b>TABATA POWER</b> Lisa C	6:30-7:15 <b>SPIN/Kettle bells</b> Cynthia	5:30 – 6:15 <b>ZUMBA</b> Lisa R	
6:00 – 7:00 <b>ZUMBA</b> Lisa R	6:30-7:15 <b>WERQ (dance/fitness)</b> Mindi		6:30-7:15 <b>YOGA FLOW</b> Cheryl	
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