

FALL 2021 FITNESS CLASS SCHEDULE

MONTH OF SEPTEMBER
STARTING SEPTEMBER 7TH

FREE DEMO WEEK: SEPT. 7 - SEPT 10

COST \$5.00 PER CLASS

SILVER SNEAKERS MEMBERS
RECEIVE ONE FREE CLASS EACH WEEK

**PLEASE CHECK IN AT THE FRONT DESK
EACH WEEK TO CLAIM YOUR FREE
CLASS FOR THE WEEK*

MON	TUES	WED	THURS	FRI
BOOM MOVE 8:30-9:30 AM	YOGA 9:00-10:00 AM	BOOM MOVE 8:30-9:30 AM	STRENGTH 9:00-10:00 AM	BOOM MOVE 8:30-9:30 AM
GROOVE 9:00-10:00 AM	CHAIR YOGA 10:00-11:00 AM	GENTLE STRETCH 9:30-10:30 AM	GENTLE YOGA 10:00-11:00 AM	
SILVER FITNESS 9:30-10:30 AM				
TABATA/CORE 6:00-7:00 PM		CARDIO SCULPT 6:00-7:00 PM		
WERQ 7:00-7:45PM		YOGAFIT 7:00-7:45 PM		

SAT
URBAN KICK 9:30-10:30 AM <i>*SEE SCHEDULE BELOW</i>

SATURDAYS:
SEPT 4 - NO CLASS
SEPT 11 - NO CLASS
SEPT 18 - URBAN KICK
SEPT 25 - URBAN KICK

 = AIMEE'S CLASS

 = JAMI'S CLASS

 = TAMMY'S CLASS

