

SUMMER 2021 FITNESS CLASS SCHEDULE

COST

\$5.00 PER CLASS

SILVER SNEAKERS

RECEIVE ONE FREE CLASS

*** TAKE BOOM MOVE ON ALL MONDAYS FOR FREE, ANY ADDITIONAL CLASS WOULD BE \$5/CLASS*

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	NO CLASSES
SILVER FITNESS 9:30-10:30 AM	CHAIR YOGA 10:00-11:00 AM	GENTLE STRETCH 9:30-10:30 AM	GENTLE YOGA 10:00-11:00 AM	
				SAT
TABATA 6:00-6:45 PM		CARDIO SCULPT 6:00-7:00 PM		URBAN KICK OR KICKBOXING 9:30-10:30 AM <i>*SEE SCHEDULE BELOW</i>
WERQ 6:45-7:30 PM				

SATURDAY ROTATIONS

JUNE:

5TH - NO CLASS
12TH - URBAN KICK (TAMMY)
19TH - URBAN KICK (TAMMY)
26TH - KICKBOXING (LYNNE)

JULY:

3RD - FACILITY CLOSED: NO CLASS
10TH - KICKBOXING (LYNNE)
17TH - URBAN KICK (TAMMY)
24TH - KICKBOXING (LYNNE)
31ST - URBAN KICK (TAMMY)

AUGUST

7TH - URBAN KICK (TAMMY)
14TH - KICKBOXING (LYNNE)
21ST - URBAN KICK (TAMMY)
28TH - KICK BOXING (LYNNE)