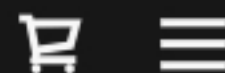


Every Week @



### Every MONDAY

Strength Training 10am- 11am

Silver Sneakers Classic (Senior Chair) 1pm- 2pm

### Every TUESDAY

Boot Camp 10am- 11am

### Every WEDNESDAY

Strength Training 10am- 11am

Silver Sneakers Classic (Senior Chair) 1pm- 2pm

### Every THURSDAY

TurboKick (Kickboxing) 10am- 11am

### Every FRIDAY

Strength Training 10am- 11am

Silver Sneakers Classic (Senior Chair) 1pm- 2pm

Chicago Style Steppin' 5:30pm- 6:30pm

### Every SATURDAY & SUNDAY

Torus Yoga by Shelton 9:15am- 10:15am

### Every 1st & 3rd SATURDAY

African History Study Group 12:30pm - 1:30pm

