



# Winter Class Schedule

## Monday

- 6-7am Beginning Yoga w/ Tami Davis
- 7-8am Arthritis Fdtn Aquatic w/ Ginger Weaver
- 6:30-7:30am Basic Essentrics w/ Lynne Amos
- 8-9am Body Works w/ Dani Rockwell
- 9-9:45am Morning Arthritis w/ Judy Wilson
- 4:30-5:30pm Body Works w/ Dani Rockwell
- 5-6pm Arthritis Fdtn Aquatic w/ Teresa Peterson
- 6-7pm Arthritis Fdtn Aquatic w/ Chris & Barb Wisdom
- 6-7pm Bells & Bags w/ Thomas Hoff

## Tuesday

- 5:15-6am HIIT It Hard w/ Liz Gillham
- 8:15-8:45am Stretch for Life w/ Dawn Evans
- 9-10am Arthritis Fdtn Aquatic w/ Nancy Entzel
- 1:00-1:45pm Afternoon Arthritis w/ Judy Hart
- 4:30-5:30pm Body Works w/ Dani Rockwell
- 5:15-6:15pm PM Essentrics w/ Peggy McDaniel



## Thursday

- 5:15-6am HIIT It Hard w/ Liz Gillham
- 6:30-7:30am Basic Essentrics w/ Lynne Amos
- 7-8am Arthritis Fdtn Aquatic w/ Ginger Weaver
- 9-10am Arthritis Fdtn Aquatic w/ Nancy Entzel
- 1:00-1:45pm Afternoon Arthritis w/ Judy Hart
- 5:15-6:15pm PM Essentrics w/ Peggy McDaniel
- 4:30-5:30pm Body Works w/ Dani Rockwell
- 5-6pm Arthritis Fdtn Aquatic w/ Teresa Peterson
- 6-7pm Arthritis Fdtn Aquatic w/ Chris & Barb Wisdom
- 6-7pm Bells & Bags w/ Thomas Hoff

## Wednesday

- 7-8am Arthritis Fdtn Aquatic w/ Ginger Weaver
- 8-9am Body Works w/ Dani Rockwell
- 9-9:45am Morning Arthritis w/ Judy Wilson



## Friday

- 6-7am Beginning Yoga w/ Tami Davis
- 8-9am Body Works w/ Dani Rockwell

