

Fall Class Schedule

Monday

5:15-6am HIIT It Hard w/ Liz Gillham
6-7am Yoga w/ Tami Davis
6:30-7:30am AM Essentrics w/ Lynne Amos
8-9am Body Works w/ Dani Rockwell
**9:00-9:45am Morning Arthritis w/ Judy Wilson/
Gail Lake**
5-6pm Arthritis Fdtn Aquatic w/ Teresa Peterson

Tuesday

7-8am Arthritis Fdtn Aquatic w/ Ginger Weaver
8:15-8:45am Stretch for Life w/ Dawn Evans
9-10am Arthritis Fdtn Aquatic w/ Nancy Entzel
4:30-5:30pm PM Body Works w/ Dani Rockwell
6-7pm Aging Backwards Essentrics w/ Lynne Amos

Wednesday

5:15-6am HIIT It Hard w/ Liz Gillham
8-9am Body Works w/ Dani Rockwell
**9:00-9:45am Morning Arthritis w/ Judy Wilson/
Gail Lake**

Thursday

6:30-7:30am AM Essentrics w/ Lynne Amos
7-8am Arthritis Fdtn Aquatic w/ Ginger Weaver
9-10am Arthritis Fdtn Aquatic w/ Nancy Entzel
4:30-5:30pm PM Body Works w/ Dani Rockwell
5-6pm Arthritis Fdtn Aquatic w/ Teresa Peterson
6-7pm Aging Backwards Essentrics w/ Lynne Amos

Friday

5:15-6am HIIT It Hard w/ Liz Gillham
6-7am Yoga w/ Tami Davis
8-9am Body Works w/ Dani Rockwell

