### 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