

# 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**  
**4:30-5:30pm PM Body Works w/ Dani Rockwell**  
**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**  
**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**  
**4:30-5:30pm PM Body Works w/ Dani Rockwell**

## 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**  
**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**

