

Fall Class Schedule

Monday

5:30-6:15am HIIT It Hard w/ Liz Gillham

8-9am Body Works w/ Dani Rockwell

5-6pm Arthritis Fdtn Aquatic w/ Teresa Peterson

3:30-4:30pm Essentrics w/ Peggy McDaniel

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

Tuesday

7-8am Arthritis Fdtn Aquatic w/ Ginger Weaver

8:15-8:45am Stretch for Life w/ Dawn Evans

8:30-9:30am Arthritis Fdtn Aquatic w/ Nancy Entzel

9:00-9:45am Morning Arthritis w/ Gail Lake

6-7pm Essentrics w/ Lynne Amos

Wednesday

5:30-6:15am HIIT It Hard w/ Liz Gillham

8-9am Body Works w/ Dani Rockwell

3:30-4:30pm Essentrics w/ Peggy McDaniel

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

Thursday

7-8am Arthritis Fdtn Aquatic w/ Ginger Weaver

8:30-9:30am Arthritis Fdtn Aquatic w/ Nancy Entzel

9:00-9:45am Morning Arthritis w/ Gail Lake

5-6pm Arthritis Fdtn Aquatic w/ Teresa Peterson

Friday

5:30-6:15am HIIT It Hard w/ Liz Gillham

8-9am Body Works w/ Dani Rockwell

