

Summer Class Schedule

Monday

6-7am Beginning Yoga w/ Tami Davis
6:30-7:30am Basic Essentrics w/ Lynne Amos
8-9am Body Works w/ Dani Rockwell
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



Wednesday

7-8am Arthritis Fdtn Aquatic w/ Ginger Weaver
8-9am Body Works w/ Dani Rockwell

Friday

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

Tuesday

5:15-6am HIIT It Hard w/ Liz Gillham
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
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
5:45-7pm Aging Backwards Essentrics w/ Lynne Amos

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
5:45-7pm Aging Backwards Essentrics w/ Lynne Amos
6-7pm Arthritis Fdtn Aquatic w/ Chris & Barb Wisdom

