Summer Class Schedule

Monday

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

8-9am Body Works w/ Dani Rockwell

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

5-6pm Arthritis Fdtn Aquatic w/ Teresa Peterson

Tuesday

6-7am Yoga w/ Tami Davis

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

9-10am Arthritis Fdtn Aquatic w/ Nancy Entzel

Wednesday

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

8-9am Body Works w/ Dani Rockwell

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

Thursday

6-7am Yoga w/ Tami Davis

9-10am Arthritis Fdtn Aquatic w/ Nancy Entzel

5-6pm Arthritis Fdtn Aquatic w/ Teresa Peterson

Friday

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

8-9am Body Works w/ Dani Rockwell



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