

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

