

# Winter 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**

**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**

## Wednesday

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

**8-9am Body Works w/ Dani Rockwell**

**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**

**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**

