

# Winter Class Schedule

## Monday

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

**5-6pm Arthritis Fdtn Aquatic w/ Barb Wisdom**

**5:15-6:15 Zumba w/ Dalene Rogers**

## Tuesday

**6-7 Morning Yoga w/ Briana Lorenzini**

**7-8am Arthritis Fdtn Aquatic w/ Ginger Weaver**

**8:15-8:45am Stretch for Life w/ Dawn Evans (starts Feb)**

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

**9:00-9:45am AM Arthritis w/ Rachel Cure**

## Wednesday

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

**5:15-6:15 Zumba w/ Dalene Rogers**

## Thursday

**6-7 Morning Yoga w/ Briana Lorenzini**

**7-8am Arthritis Fdtn Aquatic w/ Ginger Weaver**

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

**9:00-9:45am AM Arthritis w/ Miranda Matchke**

**5-6pm Arthritis Fdtn Aquatic w/ Barb Wisdom**

## Friday

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

