

Winter Class Schedule

Monday

8-9am Body Works w/ Dani Rockwell

5-6pm Arthritis Fdtn Aquatic w/ Barb Wisdom

Tuesday

6-7am Morning Yoga w/ Briana Lorenzini

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

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

Wednesday

8-9am Body Works w/ Dani Rockwell

Thursday

6-7am 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

