



Spring CLASS SCHEDULE

Monday

8:00am-9:00am Body Works w/ Dani Rockwell
9:00am-9:45am Arthritis Land w/ Rachel Cure and Miranda Matschke
5:00pm-6:00 pm Arthritis Fdtn Aquatics w/ Teresa Peterson

Wednesday

8:00am-9:00am Body Works w/ Dani Rockwell
9:00am-9:45am Arthritis Land w/ Rachel Cure and Miranda Matschke

Friday

8:00am-9:00am Body Works w/ Dani Rockwell

Tuesday

6:00am-7:00am Yoga w/ Briana Lorenzini
7:00am-8:00am Arthritis Fdtn Aquatics w/ Ginger Weaver
8:15am-8:45am Stretch for Life w/ Dawn Evans
8:30am-9:30am Arthritis Fdtn Aquatics w/ Nancy Entzel

Thursday

6:00am-7:00am Yoga w/ Briana Lorenzini
7:00am-8:00am Arthritis Fdtn Aquatics w/ Ginger Weaver
8:30am-9:30am Arthritis Fdtn Aquatics w/ Nancy Entzel
5:00pm-6:00pm Arthritis Fdtn Aquatics w/ Teresa Peterson

