



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:00 AM		<b>YOGA</b>				
:15		<i>Paul</i>				
:30						
:45						
7:00 AM	<b>WALK</b>	<b>WALK</b>	<b>WALK</b>	<b>WALK</b>	<b>WALK</b>	<b>WALK</b>
:15						
:30						
:45						
8:00 AM						<b>OPEN</b>
:15						<b>PICKLEBALL</b>
:30	<b>HIIT STEP</b>		<b>HIIT STEP</b>	<b>INTERMEDIATE PICKLEBALL</b>	<b>CYCLING</b>	<b>CYCLING</b>
:45	<i>Dawn</i>		<i>Dawn</i>		<i>Dawn</i>	<i>Joni</i>
9:00 AM						
:15						
:30		<b>ZUMBA</b>	<b>PRAISE</b>			
:45	<b>SILVER SNEAKERS</b>	<i>Maureen</i>	<b>KICKS</b>	<b>CLASSIC</b>	<b>YOGA STRETCH</b>	<b>BUTTS &amp; GUTS</b>
10:00 AM	<b>CIRCUIT</b>		<i>Tammy</i>	<b>SILVER</b>	<b>SILVER</b>	<i>Joni</i>
:15	<i>Dawn</i>			<b>SNEAKERS</b>	<b>SNEAKERS</b>	(9:40)
:30			<i>Dawn</i>		<i>Dawn</i>	
:45		<b>PICKLEBALL</b>	<b>DRUMS ALIVE</b>		<b>OPEN</b>	
11:00 AM	<b>HATHA YOGA</b>		<i>Dawn</i>		<b>PICKLEBALL</b>	
:15	<i>Pam</i>					
:30						
:45	<b>11-12:15</b>					
12:00 PM						
:15						
:30						
:45	<b>ADV</b>					
1:00 PM	<b>PICKLEBALL</b>					
:15						
:30						
:45						
2:00 PM						
:15						
:30						
:45						
3:00 PM						
:15						
:30						
:45						
4:00 PM						
:15						
:30	<b>WALK</b>		<b>WALK</b>	<b>WALK</b>	<b>WALK</b>	
:45		<b>KETTLEBELL</b>			<b>CYCLING</b>	
5:00 PM		<i>Dawn</i>			<i>Dawn</i>	
:15						
:30						
:45						
6:00 PM	<b>ZUMBA</b>	<b>CYCLING</b>	<b>CYCLING</b>	<b>YOGA</b>	<b>POUND</b>	
:15	<i>Heather</i>	<i>Joni</i>	<i>Joni</i>	<i>Paul</i>	<i>Denise</i>	
:30						
:45						
7:00 PM					<b>T.N.T.</b>	
:15		<b>BUTTS &amp; GUTS</b>	<b>BUTTS &amp; GUTS</b>		<i>Denise</i>	
:30		<i>Joni</i>	<i>Joni</i>			
:45		(7:10)	(7:10)			
8:00PM						

HELD IN  
DOWNSTAIRS  
CLASSROOMS  
  
**RESRVATION  
REQUIRED**

HELD IN  
GYMNASIUM  
  
**RESRVATION  
REQUIRED**

**EFFECTIVE  
6/24/21**

MONDAY	7:00a – 8:00a	WALKING
	8:30a – 9:30a	HIIT STEP with DAWN
	9:45a – 10:30a	SILVER SNEAKERS CIRCUIT with DAWN
	11:00a – 12:15p	HATHA YOGA with PAM
	12:15p – 2:00p	ADVANCED PICKLEBALL
	4:30p – 5:30p	WALKING
	4:45p – 5:30p	CYCLING with DAWN
	6:00p – 6:45p	ZUMBA with HEATHER
TUESDAY	6:00a – 7:15a	YOGA with PAUL
	7:00a – 8:00a	WALING
	9:30a – 10:30a	ZUMBA with MAUREEN
	9:30a – 10:15a	PRIASE KICKS with TAMMY
	10:30a – 12:30p	OPEN PICKELBALL
	4:45p – 5:45p	KETTLEBELL with DAWN
	6:00p – 7:00p	CYCLING with JONI
	7:10p – 7:40p	BUTTS AND GUTS with JONI
WEDNESDAY	7:00a – 8:00a	WALKING
	8:30a – 9:30a	HIIT STEP with DAWN
	9:45a – 10:30a	SILVER SNEAKERS CLASSIC with DAWN
	10:45a – 11:30a	DRUMS ALIVE with DAWN
	4:30p – 5:30p	WALKING
	6:00p – 7:00p	CYCLING with JONI
	7:10p – 7:40p	BUTTS AND GUTS with JONI
	THRUSDAY	7:00a – 8:00a
8:30a – 10:30a		INTERMEDIATE PICKLEBALL
4:30p – 5:30p		WALKING
4:45p – 5:30p		CYCLING with DAWN
6:00p – 7:30p		YOGA with PAUL
6:00p – 6:45p		POUND! with DENISE
7:00p – 7:30p		T.N.T. with DENISE
FRIDAY		7:00a – 8:00a
	8:30a – 9:30a	CYCLING with DAWN
	9:45a – 10:30a	YOGA STRETCH SILVER SNEAKERS
	10:30a – 12:30p	OPEN PICKLEBALL
	4:30p – 5:30p	WALKING
SATURDAY	7:00a – 8:00a	WALKING
	8:00a – 9:30a	OPEN PICKLEBALL
	8:30a – 9:30a	CYCLING with JONI
	9:40a – 10:10a	BUTTS AND GUTS with JONI