

	Time	Class	Instructor	Location
Monday	8:30 AM 45 min	Access Agility	Teresa	Gym
	8:30 AM 30 min	Fall Transitioning	Emma	Studio A
	9:00 AM 1 hr	Keep Moving	Jimmi	Studio A
	9:30 AM 45 min.	NEW! Ball 101	Teresa	Studio B
	10:15 AM 45 min	Sr. Strength Training	Emma	Studio A
	11:15 AM 1 hr.	Yoga (no class Feb 26)	Kathy	Studio B
	11:15 AM 45 min	Walk This Way	Emma	Lobby
	5:30 PM 45 min	HIIT The Ground Running	Emma	Studio A/Stairs
	5:45 PM 45 min	Yoga	Tiffany	Studio B
	6:30 PM 1 hr.	Mixed Fit	Mickey	Studio A
Tuesday	8:00 AM 45 min	NEW! Get Your Sit On!	Brigitte	Studio A
	9:00 AM 45 min	Strong Stretch Balance	Emma	Studio A
	10:00 AM 45 min	Pom Poms	Emma	Studio A
	11:00 AM 45 min	Sr. Yoga	Lynn	Studio A
	12:00 PM 1 hr.	Smooth Zumba	Valeria	Studio A
	5:30 PM 45 min	Cardio & Core	Emma	Studio A
	5:45 PM 1 hr.	Body Pump®	Marissa	MPR
	6:30 PM 1 hr.	MixedFit®	Dee Dee	Studio A
	7:00 PM 45 min.	anyBODY Yoga	Brigitte	Studio B
	Wednesday	8:00 AM 45 min	Functional Fitness	Liz
9:00 AM 45 min		Sr. Strength Training	Emma	Studio A
9:45 AM 45 min		NEW! Kickboxing	Teresa	Studio B
10:00 AM 1 hr.		Smooth Zumba	Valeria	Studio A
10:00 AM 45 min		Walk This Way	Emma	Lobby
11:15 Am 1 hr.		Yoga (no class Feb 28)	Kathy	Studio B
5:30 PM 45 min		Pom Poms	Emma	Studio A
6:00 PM 1 hr.		Hip-Hop Step Aerobics	Jamita	Studio B
Thursday		8:00 AM 45 min	Silver Sneakers® Boom	Constance
	9:00 AM 1 hr.	Tai Chi for Flexibility and Arthritis	James	Studio A
	10:00 AM 45 min	Sr. Yoga	Lynn	Studio A
	11:00 AM 1 hr.	Smooth Zumba	Valeria	Studio A
	5:30 PM 45 min	Full Body Blast	Emma	Studio A
	5:45 PM 45 min	NEW! TRX	Teresa	Fitness Center
	7:00 PM 45min	anyBODY Yoga	Brigitte	Studio B
	Friday	8:00 AM 45 min	Silver Sneakers Classic	Constance
9:00 AM 1 hr		Keep Movin	Jimmi	Studio A
10:15 AM 1 hr.		Yoga	Ryan	Studio B
10:15 AM 45 min		Functional Fitness	Liz	MPR
11:30 AM 1 hr.		Smooth Zumba	Valeria	Studio A
Saturday		8:45 AM 1 hr.	Zumba	Valeria
	9:15 AM 45 min	Hip Hop Step Aerobics (no class Feb 3,10)	Jamita	Studio B
	*9:15 AM 45 min	Hip Hip Hooray for Hip bands (Feb 10)	Teresa	Studio B
	10:00 AM 45 min	Kickboxing (Feb 17, 24)	Teresa	Studio A
	10:00 AM 45 min	Full Body Blast (Feb 3, 10)	Emma	Studio A
	11:00 AM 1 hr.	Yoga (no class Feb 3)	Tiffany	Studio B

***Be looking for our Pop-up Classes!**

Dance your way to fitness!

Join our **Walk This Way** class!
Indoor and outdoor walking!

