



Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 6:00-6:55 SPARTAN STRONG 8:30-9:15 TABATA 9:15-10:15 EASY DOES IT 10:15-11:15 SENIOR STRETCH 11:15-12:10 SILVER SNEAKERS 12:10-1:00 SPARTAN 1:30-3:00 LINE DANCING 4:15-5:15 FULL BODY FITNESS 5:30-6:30 YOGA 6:30-7:30 CARDIO KICKBOXING	2 6:00-6:45 POUND 7:00-8:15 MUSCLE & MOVEMENT 8:15-9:00 YOGA BALL 9:00-10:00 SENIOR STRENGTH 10:00-11:00 CLASSIC YOGA 11:00-12:00 SILVER SNEAKERS 12:10-1:00 GUTS & BUTTS 4:15-5:15 SPIN CLASS 5:15-6:15 YOGA/PILATES 6:15-7:00 BUTTS & GUTS 7:00-9:00 LINE DANCING	3 6:00-7:00 CROSS TRAINING 8:30-9:15 TABATA 9:15-10:15 EASY DOES IT 9:15-10:15 HEATED YOGA & ABS (BALCONY) 10:15-11:00 SENIOR STRETCH	4 8:30-9:25 MIX IT UP 8:30-9:30 YOGA (BALCONY) 9:30-10:30 GROUP CYCLING 10:45-11:30 PILATES
5	6 5:00-5:55 PILATES 6:00-6:55 SPARTAN STRONG 8:30-9:15 TABATA 9:15-10:15 EASY DOES IT 10:15-11:15 SENIOR STRETCH 11:15-12:10 SILVER SNEAKERS 12:10-1:00 CROSS TRAINING 4:15-5:15 FULL BODY FITNESS 5:30-6:30 YOGA 6:30-7:30 CARDIO KICKBOXING	7 5:00-5:45 TABATA 6:00-6:45 POUND 7:00-8:15 MUSCLE & MOVEMENT 8:15-9:00 YOGA BALL 9:15-10:15 HEATED YOGA & ABS (BALCONY) 9:00-10:00 SENIOR STRENGTH 10:00-11:00 CLASSIC YOGA 11:00-12:00 SILVER SNEAKERS 12:10-1:00 TABATA 4:15-5:15 SPIN CLASS 5:15-6:15 YOGA/PILATES 6:15-7:15 SPARTAN STRONG	8 6:00-6:55 SPARTAN STRONG 8:30-9:15 TABATA 9:15-10:15 EASY DOES IT 10:15-11:15 SENIOR STRETCH 11:15-12:10 SILVER SNEAKERS 12:10-1:00 SPARTAN 1:30-3:00 LINE DANCING 4:15-5:15 FULL BODY FITNESS 5:30-6:30 YOGA 6:30-7:30 CARDIO KICKBOXING	9 6:00-6:45 POUND 7:00-8:15 MUSCLE & MOVEMENT 8:15-9:00 YOGA BALL 9:00-10:00 SENIOR STRENGTH 10:00-11:00 CLASSIC YOGA 11:00-12:00 SILVER SNEAKERS 12:10-1:00 GUTS & BUTTS 4:15-5:15 SPIN CLASS 5:15-6:15 YOGA/PILATES 6:15-7:00 BUTTS & GUTS 7:00-9:00 LINE DANCING	10 6:00-7:00 CROSS TRAINING 8:30-9:15 TABATA 9:15-10:15 EASY DOES IT 9:15-10:15 HEATED YOGA & ABS (BALCONY) 10:15-11:00 SENIOR STRETCH	11 8:30-9:25 MIX IT UP 8:30-9:30 YOGA (BALCONY) 9:30-10:30 GROUP CYCLING 10:45-11:30 PILATES
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