

Fitness Classes at a Glance

Jan. 7 – Mar. 29, 2019

*No classes will be held on Jan 1 & 21

*No classes will be held on Feb. 18

\$45 Unlimited Classes/Month or \$5 Drop-In per class

Name: _____

Phone Number: _____

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:00 - 9:45 a.m.	9:00 – 9:30 a.m. Early Bird Stretch w/ Ball (Francine)	Seated Hatha Yoga 1 (Peter)	Hatha Yoga 2 (Peter)		9:30 – 10 a.m. Hot Dog Weights (Gayle)
10:00 - 10:45 a.m.	9:30 – 10 a.m. Hot Dog Weights (Gayle) Silver FUN & Fit (Francine)	Senior Shape Up (Gayle)	10-10:30 a.m. Seated Zumba Toning (Gayle)	Step Aerobics (Francine)	Stretch 'N More (Gayle)
11:00 - 11:45 a.m.	Dumbbells & Weights (Becky)	Enhanced Fitness (Francine)	10:30-11:00 a.m. Hot Dog Weights (Gayle) 11 a.m. – 12 p.m. Stretch 'N More (Gayle)	Zumba Gold (Francine)	Drums Alive Combo (Francine)
12:00 - 12:45 p.m.	Zumba (Francine)	Dumbbells & Weights Boot Camp (Francine)	Zumba (Francine)	Dumbbells & Weights (Francine)	Friday Fun Cardio (Francine)
1:00 - 1:45 p.m.	Stretch 'N More (Gayle)	Seated Cardio Drum Class & Strength (Meisha)	1:00-1:30 p.m. Balance & Stretch (Francine)	Seated Cardio Drum Class & Strength (Francine)	
2:00 - 2:45 p.m.	Hatha Yoga 2 (Peter)	2:30 – 3:15 pm Tai Chi (Caroline)	Line Dancing – Intermediate (Grace)	Enhanced Fitness (Meisha)	
3:00 - 3:45 p.m.	Line Dancing – Beginner (Gayle)		Line Dancing – Advanced (Grace)	Seated Hatha Yoga 1 (Peter)	
4:30 - 5:15 p.m.				Yoga for the Back (Peter)	
5:30 - 6:00 p.m.	Boot Camp (Francine)		Boot Camp (Francine)		
6:15 - 7:10 p.m.	Zumba (Francine)	6:00-6:45 p.m. Hatha Yoga 3 (Peter)	Zumba (Francine)		

For a complete list of class descriptions, please visit www.agewellservices.org or visit the Wellness Office.