

Exercise Class Schedule

December 2024 / January 2025

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8 - 8:45 am		Soul Cycling (Francine) 		Spin Class (Francine) 	Spin Class (Francine)
9 - 9:45 am	Spin Class (Marilyn) 	Gentle Yoga (Barbara) 	30 min Spin Class + Arms (Laura) 	Yoga for Seniors (Victoria) 	Yoga for Seniors (Victoria)
10 - 10:45 am	Stretch & More (Gayle) 	Upper Body & Core Strength (Renee) 	Variety Circuit (Francine) 	Full Body + Tabata (Francine) 	Stretch & More (Gayle)
11 - 11:45 am	Yoga for Seniors (Victoria) 	Active Senior Intermix (Francine) 	Dumbbells & Weights (Renee) 	Stretch & More (Gayle) 	Cardio Drums Alive (Francine)
12 - 12:45 am		Tai Chi (Melissa) 	Latin Dance with a Z (Francine) 		Move & Groove (Francine)
1 - 1:45 pm	Mobility & More (Becky) 	Latin Dance with a Z (Francine) 	Sit & Fit Balance (Francine) 	Move to the Beat in a Chair (Francine) 	Line Dancing (Gayle)
5:30 - 6:00 pm					
6 - 6:45 pm		Ayurvedic Yoga (Peter) 			

Exercise Class Difficulty Level

Beginner Easy Moderate Challenging

Exercise Class Cost: Drop in - \$6 per class • Unlimited classes - \$80 per month

Fitness Room Cost: \$3 per visit *Free with accepted insurances (see pg 2)

Fitness Day Pass: \$12 per day for unlimited classes and fitness room use