

Week of December
30th to January 3rd

Wellness Program

AgeWell Services

This Week's Schedule

EXERCISE CLASSES

Monday

9:00 - 9:45 am	Spin Class (Marilyn)
10:00 - 10:45 am	Stretch & More (Gayle)
11:00 - 11:45 am	Yoga for Seniors (Victoria)
12:00 - 12:45 pm	Stretch Training (Becky)
1:00 - 1:45 pm	Mobility & More (Becky)

Tuesday: Closed

Wednesday: Closed

Thursday

8:00 - 8:45 am	Spin Class (Marilyn)
9:00 - 9:45 am	Yoga for Seniors (Victoria)
10:00 - 10:45 am	Full Body + Tabata (Nina)
11:00 - 11:45 am	Stretch & More (Gayle)
1:00 - 1:45 pm	PiYo (Becky)
1:00 - 1:45 pm	Mobility & More (Becky)

Friday

8:00 - 8:45 am	Spin Class (Marilyn)
9:00 - 9:45 am	Yoga for Seniors (Victoria)
10:00 - 10:45 am	Stretch & More (Gayle)
11:00 - 11:45 am	Cardio Drums Alive (Nina)
12:00 - 12:45 pm	Gently Yoga (Barbara)
1:00 - 1:45 pm	Upper Body & Core Strength (Becky)

Fitness fun for everyone!

