

SilverSneakers® Class Schedule

Begins September 13, 2021

MONDAY

9:30 am
Boom Move

10:30 am
Classic

TUESDAY

9:30 am
Circuit (H)

11 am
Yoga (H)

1pm
Classic/
Balance

WEDNESDAY

9 am
Boom Muscle

10 am
Circuit

11 am
Balance/
Arthritis (H)

THURSDAY

9:15 am
Circuit (H)

10:15 am
Yoga (H)

1 pm
Classic/
Balance(H)

FRIDAY

8:30 am
Boom (H)

9:30 am
Circuit (H)

10:30 am
Yoga (H)

H (Hybrid)
Class is in
person and
online