

**MONDAY**

**8 am**  
**Group Power**  
*Elaine*

**10 am**  
**TRX**  
*Sylvia*  
\$10/class

**TUESDAY**

**9 am**  
**Group Active**  
*Elaine*

**10 am**  
**Spartan Strong**  
Outdoor area  
*Steve*

**WEDNESDAY**

**7 am**  
**Mobility/Strength**  
*Steve*

**8 am**  
**Group Power**  
*Elaine*

**10 am**  
**Step**  
*Soad*

**THURSDAY**

**9 am**  
**Group Active**  
*Elaine*

**10 am**  
**TRX**  
*Sylvia*  
\$10/class

**1:15 pm**  
**Intermediate Adult Tap**  
*Kathy*  
\$10/class

**FRIDAY**

All classes require  
reservations  
through  
**MINDBODY**

**SATURDAY**

**11 am**  
**Boot Camp**  
*Medardo*

**8 am**  
**SilverSneakers Circuit**  
*Joanne*

**9 am**  
**SilverSneakers Classic**  
*Kathy*

**10-10:30 am**  
**Balance**  
*Elaine*

**11:15 am**  
**SilverSneakers Yoga**  
*Soad*

**1 pm**  
**PWR! Moves**  
*Steve*  
\$5/class

**5 pm**  
**Zumba Gold**  
*Bonnie*

**10 am**  
**SilverSneakers Circuit**  
*Elaine*

**11 am**  
**Beginner Tai Chi**  
*Sandy*  
\$3/class

**Noon**  
**Intermediate Tai Chi**  
*Sandy*  
\$3/class

**8 am**  
**SilverSneakers Circuit**  
*Joanne*

**10 am**  
**SilverSneakers Classic**  
*Elaine*

**11 am**  
**SilverSneakers Circuit**  
*Kathy*

**5 pm**  
**Absolute Abs**  
*Soad*  
(Begins October 13)

**10 am**  
**SilverSneakers Classic**  
*Kathy*

**11 am**  
**SilverSneakers Circuit**  
*Kathy*

**1 pm**  
**Balance and Posture**  
*Steve*

**5 pm**  
**Zumba Gold**  
*Bonnie*

