

MONDAY

8 am
Group Power
Elaine

10 am
TRX
Sylvia
\$10/class

TUESDAY

9 am
Group Active
Elaine

WEDNESDAY

7 am
Mobility/Strength
Steve

8 am
Group Power
Elaine

10 am
Step
Soad

THURSDAY

9 am
Group Active
Elaine
No class 11/4

10 am
TRX
Sylvia
\$10/class

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

FRIDAY

8:15 am
Group Centergy
Laura

SATURDAY

11 am
Boot Camp
Medardo
No class 11/6 and 11/27

All classes require
reservations
through
MINDBODY

8 am
SilverSneakers Circuit
Joanne

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

11 am
SilverSneakers Circuit
Kathy

1 pm
Balance and Posture
Steve
No class 11/8

5 pm
Zumba Gold
Bonnie

No SilverSneakers classes on
Election Day
Tuesday, November 2

No classes on
Thanksgiving Day
Thursday, November 25

