

<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>
			9:30 – 10:30 am Silver & Fit		
9:30 – 10:30 am Silver & Fit					
	9:30 – 10:30 am Silver & Fit				
10:45–11:45 am SilverSneakers Classic				10:45–11:45 am SilverSneakers Yoga	
	10:45–11:45 am SilverSneakers Yoga	10:45–11:45 am SilverSneakers Classic			
4:30 – 5 pm Core Class (Doug)		4:30 – 5pm Core Class (Doug)		4:30 – 5 pm Core Class (Doug)	
		5-5:30pm Full body blast (Nicole)			
6:00-6:30pm Lower body blast (Nicole)					
	6:00–7:00 pm Pi-Yo (Jeri)				