

RESULTS FITNESS CLASS SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Silver and Fit 9:30-10:15 am	Silver and Fit 9:30-10:15 am		Silver and Fit 9:30-10:15 am		
					Strong 9:30-10:30 am
SilverSneakers Classic 10:45-11:45 am	SilverSneakers Yoga 10:45-11:45 am	SilverSneakers Classic 10:45-11:45 am		SilverSneakers Yoga 10:45-11:45 am	
Core 4:30-5:00 pm		Core 4:30-5:00 pm		Core 4:30-5:00 pm	
Lower Body Blast 5:15-5:45 pm		Upper Body Blast 5:00-5:30 pm	Spin 4:30-5:15 pm		
	Strong 6:30-7:30	High Intensity Strength/ Cardio 5:30-6:00 pm			