

RESULTS FITNESS CLASS SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
SILVER & FIT 9:30a- 10:15a	SENIOR Circuit 10:00a- 10:30a		SILVER & FIT 9:30a- 10:15a		
SILVER SNEAKERS CLASSIC 10:45a- 11:30a	SILVER SNEAKER STRETCH & MOBILITY 10:45a- 11:30a	SILVER SNEAKERS CLASSIC 10:45a- 11:30a		SILVER SNEAKER STRETCH & MOBILITY 10:45-11:30	
	PICKLEBALL OPEN COURT 11:30a-2:00p	TAI-CHI 11:45a- 12:45p (Beginning 10/19!)	PICKLEBALL OPEN COURT 11:30a- 2:30p		
CORE 4:30p-5:00p	POOL CIRCUIT @ 12p, 1p, 2p, 3p, 4p *Sign-Up Only		POOL CIRCUIT @ 12p, 1p, 2p, 3p, 4p *Sign-Up Only		
BOXING 5:00p-5:30p		CORE 4:30p-5:00p		CORE 4:30-5	
POOL CIRCUIT @ 5:15p & 6:15p		HIIT 5:00p-5:30p	SPIN 4:30p-5:30p		
		POOL CIRCUIT @ 5:15P & 6:15p			