



**Fitness Class Schedule** Winter Session January 2-February 23

	Mon	Tues	Wed	Thur	Fri	Sat
<b>7 am</b>	<b>Get Fit</b> 6:45-7:30	Loft ↓	Loft ↓	Loft ↓	Loft ↓	<b>Get Fit</b> 6:45-7:30
<b>8</b> :15 :30 :45	SilverSneakers Cardio-Fit 8:00-9:00		SilverSneakers Cardio-Fit 8:00-9:00		SilverSneakers Cardio-Fit 8:00-9:00	<b>Zumba</b> 8:00-9:00
<b>9 am</b> :15 :30 :45						
<b>10 am</b> :15 :30 :45	SilverSneakers® M.S.R.O.M. 9:30-10:20	<b>No Sweat</b> 9:30-10:00 <b>Get Fit Abs</b> 10:00-10:30	SilverSneakers® M.S.R.O.M. 9:30-10:20		SilverSneakers® M.S.R.O.M. 9:30-10:20	
<b>11 am</b> :15 :30 :45	SilverSneakers® M.S.R.O.M. 10:30-11:20	<b>Get Fit</b> 10:30-11:15	SilverSneakers® M.S.R.O.M. 10:30-11:20		SilverSneakers® Yoga Stretch 10:30-11:20	
<b>12 PM</b> :15 :30 :45	<b>Turbo Tabata</b> 12:15-12:45		<b>Turbo Tabata</b> 12:15-12:45			
<b>3 PM</b> :15 :30 :45				<b>Turbo Tabata</b> 3:00-3:30 <b>Get Fit Abs</b> 3:30-4:00		<b>* Chilwatch</b> available in colored blocks
<b>4 PM</b> :15 :30 :45	<b>Body Strong</b> 4:00-4:45	<b>Turbo Tabata</b> 4:00-4:30 <b>Get Fit Abs</b> 4:30-5:00	<b>Body Strong</b> 4:00-4:45			
<b>5 PM</b> :15 :30 :45						
<b>6 PM</b> :15 :30 :45	<b>Core &amp; More</b> 5:30-6:30 <b>Turbo Tabata</b> 6:30-7:00	<b>Yoga</b> 5:30-6:30 <b>"Molly's Class"</b> 5:30-6:30	<b>Pilates</b> 5:30-6:30	<b>Core &amp; More</b> 5:30-6:30 <b>Zumba</b> 6:30-7:30	<b>Yoga</b> 5:30-6:30 <b>"Molly's Class"</b> 5:30-6:30 <b>Pilates</b> 5:30-6:30	<b>Youth Dance Party</b> 5:30-6:30
<b>7 PM</b> :15 :30 :45	<b>Get Fit Abs</b> 7:00-7:30					