

Fitness Over 50 - Class Schedule



Main Gym (Circuit)



Fitness Studio

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5 am	Closed						Closed
6 am							
7 am		Circuit Training	Circuit Training	Senior Men's Yoga *	Circuit Training	Circuit Training	Circuit Training
8 am		Circuit Training	Circuit Training	Circuit Training	Circuit Training	Circuit Training	Circuit Training
9 am					Zumba *		Joyous Movement *
9 :30			Zumba *				
10 am		Middle Management		Middle Management	Relax and Recharge (Meditation) *	Middle Management	
10 :30							
11 am		Circuit Training		Circuit Training		Circuit Training	
11 :30			Total Stretch			Total Stretch	
12 PM		Better Balance	"Fun"damental Strength	Movement with Parkinson's *	Better Balance	"Fun"damental Strength	
12 :30		Middle Management	Middle Management		Middle Management	Middle Management	
1 PM		Continuing Yoga *		Beginning/Continuing Yoga *		Intro/Beginning Yoga *	Closed
1 :30							
2 PM							
3 PM							
3 :30							
4 PM							
4 :30							
5 PM	Relax and Recharge (Meditation) *		NIA *		NIA *		
5 :30		Men's Yoga * (public class)		Tai Chi *			
6 PM							
6 :30							
7 PM		Closed	Closed	Closed	Closed	Closed	

* Some classes are offered at a reasonable additional cost. Try any class for FREE!