

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:00	Open Gym	Gym Closed	Open Gym	Gym Closed	Open Gym	Gym Closed
6:00	Circuit Training Class/ Open Gym		Circuit Training Class/ Open Gym		Circuit Training Class/ Open Gym	
7:00	Circuit Training Class/ Open Gym	Circuit Training Class/ Open Gym	Circuit Training Class/ Open Gym	Circuit Training Class/ Open Gym	Circuit Training Class/ Open Gym	Circuit Training Class/ Open Gym
8:00	Circuit Training Class/ Open Gym	Circuit Training Class/ Open Gym	Circuit Training Class/ Open Gym	Circuit Training Class/ Open Gym	Circuit Training Class/ Open Gym	Circuit Training Class/ Open Gym
9:00	Cardio/Strength Class	Cardio/Strength Class	Cardio/Strength Class	Cardio/Strength Class	Cardio/Strength Class	Cardio/Strength Class
10:00	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym
11:00	Circuit Training Class/ Open Gym	Open Gym	Circuit Training Class/ Open Gym	Open Gym	Circuit Training Class/ Open Gym	Open Gym
Noon	Better Balance Class		Bone Bolstering Class		Open Gym	
	Middle Management Class (12:15)	Middle Management Class (12:30)		Middle Management Class (12:15)	Middle Management Class (12:30)	
1:00	Circuit Training Class/ Open Gym	Open Gym	Open Gym	Circuit Training Class/ Open Gym	Open Gym	Gym Closed
2:00	Gym Closed	Gym Closed	YOGA CLASS	Gym Closed	Gym Closed	
3:30	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	
4:30	Circuit Training Class/ Open Gym	Open Gym	Open Gym	Circuit Training Class/ Open Gym	Open Gym	
5:30	Open Gym			Open Gym		
6:15	Middle Management Class	Open Gym	Open Gym	Middle Management Class	Open Gym	
6:45	Open Gym			Open Gym		Open Gym
7:00	Gym Closed	Gym Closed	Gym Closed	Gym Closed	Gym Closed	

Fitness Over 50

Program
Schedule