

Fitness Over 50 - Class Schedule



Main Gym (Circuit)



Fitness Studio

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
5 am	Closed						Closed	
6 am							Closed	
7 am		Circuit Training	Circuit Training	Senior Men's Yoga *	Circuit Training	Circuit Training	Circuit Training	Circuit Training
8 am		Circuit Training	Circuit Training	Circuit Training	Circuit Training	Circuit Training	Circuit Training	Circuit Training
9 am		LBCC - Better Bones & Balance *		LBCC - Better Bones & Balance *	Zumba *	Zumba *	Zumba *	
10 am		Middle Management	Zumba *	Middle Management	Relax and Recharge (Meditation) *	Middle Management	Middle Management	
:30		LBCC - Better Bones & Balance *		LBCC - Better Bones & Balance *				
11 am		Circuit Training		Circuit Training			Circuit Training	
:30			Total Stretch				Total Stretch	
12 PM		Better Balance	"Fun"damental Strength	"Fun"damental Strength	Recess for Adults - Agility and Mobility Ex.	Better Balance	"Fun"damental Strength	
:30	Middle Management	Middle Management			Middle Management	Middle Management		
1 PM		Continuing Yoga *		Beginning/Continuing Yoga *	Movement with Parkinson's (chair-based) *	Intro/Beginning Yoga *		
:30								
2 PM					Movement with Parkinson's *			
3 PM								
4 PM								
:30			NIA *		NIA *			
5 PM	Relax and Recharge (Meditation) *							
:30		Men's Yoga * (public class)		Tai Chi for Arthritis *				
6 PM	Closed		Aikido * (public class)		Tai Chi * (public class)	Aikido * (public class)		
:30								
7 PM		Axis Martial Arts (public class) *		Axis Martial Arts (public class) *	FOF Gym Closes at 7pm Every Weeknight			

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