

Fitness Over 50

Class Schedule

Main Gym (Circuit)

Fitness Studio

	Sun	Mon	Tue	Wed	Thur	Fri	Sat	
5 am	Closed		Closed		Closed		Closed	
6 am								
7 am			Circuit Training	Circuit Training	Circuit Training	Circuit Training	Circuit Training	Circuit Training
8 am			Circuit Training	Circuit Training	Circuit Training	Circuit Training	Circuit Training	Circuit Training
9 am					(8:45) Mindfulness in Motion (Feldenkrais) *		Qi Gong	Joyous Movement *
9 am :30				Zumba *				
10 am			Middle Management		Middle Management		Middle Management	
10 am :30			Functional Mobility Training *		Functional Mobility Training *			
11 am		Circuit Training (11:00)		Circuit Training (11:00)	Relax and Recharge (Meditation) *	Circuit Training		
11 am :30								
12 PM		Better Balance	"Fun"damental Strength	Physioball Fitness	Better Balance	"Fun"damental Strength		
12 PM :30		Middle Management	Middle Management		Middle Management	Middle Management		
1 PM		Gentle Yoga *		Gentle Yoga *		Restorative Yoga *		
1 PM :30								
2 PM				Men's Yoga *				
2 PM :30								
3 PM								
3 PM :30								
4 PM	Relax and Recharge (Meditation) *				Line Dancing *			
4 PM :30		Circuit Training	NIA *	Circuit Training	NIA *	Circuit Training		
5 PM								
5 PM :30	Closed	Circuit Training		Circuit Training	Joyous Movement *	Circuit Training	Closed	
6 PM		Men's Yoga * (public class)						
6 PM :30		(8:30) West Coast Swing * (public class)						
7 PM				Qi Gong * (public class)				
7 PM :30			Closed		Closed	Closed		

* FIT classes are offered at a reasonable additional cost