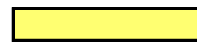


Fitness Over 50 - Class Schedule



Main Gym (Circuit)



Fitness Studio

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

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