



fitness PLUS

Class Schedule

	MON	TUE	WED	THU	FRI	SAT	SUN
5:45 a.m.	Jump Start Your Day**	Muscle Wake Up**		Muscle Wake Up**	Jump Start Your Day**		
8:15 a.m.	Fit & Strong**		Fit & Strong**				
9:00 a.m.		Silver Sneakers® Classic		Silver Sneakers® Classic			
5:15 p.m.							
6:00 p.m.							Basic Flow Yoga
6:30 p.m.		Yoga Fusion**					

* 30 minute class ** 45 minute class All other classes 60 minutes

Classes will not be held for less than three people

Classes are free to full members, non-members may purchase a day pass to attend classes

SilverSneakers® is a registered mark of Healthways Health Support, Inc.

Staff: SilverSneakers®, AFAA and Certified Yoga instructors

Class schedule subject to change