

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>
6:00am Intermediate Yoga 8:30am Power Hour 9:00am Power Circuit 10:30 Silver Sneakers BOOM Move 9:30 & 10:30am Silver Sneakers Yoga 11:30 Gentle Yoga Noon- HIIT 1:00pm- Silver Sneakers Circuit 5:30pm Pilates 5:30pm-Zumba 6:30pm-Barre'	9:00am-Barre' 10:30 Sneaker Classic Noon-HIIT 5:30-Power Hour 5:30-Intermediate Yoga	9:00am Power Circuit- 9:00am Power Circuit- 10:30 Silver Sneakers BOOM 10:30 Silver Sneakers Yoga Noon-Upper Body 1:00pm- Silver Sneakers Classic 5:30 Silver Sneaker Circuit 5:30-Step/Pump	9:00am-Barre'- 9:30am- Zumba 10:30am-Silver Sneakers Classic Noon-All About Legs 5:30-Power Hour 5:30-Intermediate Yoga	9:00am-Circuit 10:30-Silver Sneaker Boom Move 9:30&10:30 Silver Sneakers Yoga 11:30-Gentle Yoga 12:00-Core	9:00am Power 10:00am Zumba

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