



SEPTEMBER 2017 FITNESS



MONDAYS

SilverSneakers® Classic
8:00 - 8:45 a.m.

Senior Fit
8:15 - 9:00 a.m.

Stretch and Flex
9:00 - 9:45 a.m.

Cardio Fit/ Step
9:00 - 9:45 a.m.

**Silver & Fit Excel
Strength/Cardio Class**
10:00 - 10:45 a.m.

Pickleball
9:00 - 10:30 a.m.

Tai Chi
10:00-11:00 a.m.

Badminton
10:30 a.m. - Noon

SilverSneakers© Classic
12:30-1:15 p.m.

Yoga
5:15 - 6:00 p.m.

Stability Ball Training
5:30 - 6:00 p.m.

Pilates
6:15-7:15 p.m.



TUESDAYS

SilverSneakers® Classic
8:00 - 8:45 a.m.

Senior Fit
8:15 - 9:00 a.m.

15 Minute Abs
9:05—9:20 a.m.

Stretch and Flex
9:00 - 9:45 a.m.

**Pickleball
(Welcome Beginners)**
9:00 - Noon

Line Dancing
10:30- 12:30 p.m.

SilverSneakers© Classic
11:00—11:45 a.m.

Stability Ball Training
5:30 - 6:00 p.m.

**Silver & Fit Excel
Strength/Cardio Class**
6:00-6:45 p.m.



WEDNESDAYS

SilverSneakers® Classic
8:00 - 8:45 a.m.

Senior Fit
8:15 - 9:00 a.m.

Cardio Fit/ Step
9:00 - 9:45 a.m.

Stretch and Flex
9:30 - 10:15 a.m.

**Silver & Fit Excel
Strength/Cardio Class**
10:00 - 10:45 a.m.

Pickleball
9:00 - Noon

Tai Chi
10:00-11:00 a.m.

SilverSneakers© Classic
12:30-1:15 p.m.

Beginner Clogging
1:00 - 3:00 p.m.

Yoga
5:15 - 6:00 p.m.

Stability Ball Training
5:30 - 6:00 p.m.



THURSDAYS

SilverSneakers® Classic
8:00 - 8:45 a.m.

Senior Fit
8:15 - 9:00 a.m.

15 Minute Abs
9:05—9:20 a.m.

Stretch and Flex
9:00 - 9:45 a.m.

Pickleball
9:00 - 10:30 a.m.

Badminton
10:30 a.m. - Noon

SilverSneakers© Classic
11:00—11:45 a.m.

Stability Ball Training
5:30 - 6:00 p.m.

**Silver & Fit Excel
Strength/Cardio class**
6:00-6:45 p.m.

Pilates
6:15 - 7:15 p.m.



FRIDAYS

SilverSneakers® Classic
8:00 - 8:45 a.m.

Senior Fit
8:15 - 9:00 a.m.

YOGA
9:00—9:45 a.m.

Pickleball
9:00 - Noon

Stretch and Flex
9:30 - 10:15 a.m.

Tai Chi
10:00 - 11:00 a.m.

Line Dancing
10:30- 12:30 p.m.

SATURDAYS

**Fitness Center
CLOSED**

***Additional fees may
apply**

