



JANUARY 2018 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.

Body Sculpting
4:30 - 5:15 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.

**Happy
New Year!**



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
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.


Exercise & Healthy Aging Program



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
9:00 - 9:45 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.

Body Sculpting
4:30 - 5:15 p.m.

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

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

MARTIN
LUTHER
KING JR.
Day



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.

The **SilverSneakers®**
Fitness Program



FRIDAYS

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

YOGA
9:00—9:45 a.m.

Pickleball
9:00 - Noon

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

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

SATURDAYS

**Fitness Center
CLOSED**

PERSONAL GOALS:

1. GO TO THE GYM
2. EAT HEALTHY
3. BE AWESOME

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