



# JULY 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 - Noon

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

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.



## TUESDAYS

20/20/20 3 in 1 Workout  
7:00 - 8:00 a.m.

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

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

Stretch and Flex  
9:00 - 9:30 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.



## 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.



## THURSDAYS

20/20/20 3 in 1 Workout  
7:00 - 8:00 a.m.

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

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

Stretch and Flex  
9:00 - 9:30 a.m.

Pickleball  
9:00 - 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

20/20/20 3 in 1 Workout  
7:00 - 8:00 a.m.

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.

**NEW CLASS**  
Line & Swing Out Class  
w/ Steve  
5:00 - 7:00 p.m.

**SUMMERTIME  
ONLY!!**

**EFFECTIVE 6/9/18  
THRU 8/25/18**

**NEW HOURS ON  
SATURDAYS  
8:00 a.m. - Noon**

**NEW  
SATURDAY CLASSES**

**Step & Strike 8-8:45**

**Yoga 9-9:45**

**Silv.Sneakers 9-9:45**