



# FEBRUARY 2019 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 - 6:15 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.

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

**Body Sculpting**  
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.



## WEDNESDAYS

**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.

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

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

**Yoga**  
5:15 - 6:15 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.

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

**Body Sculpting**  
9:00 - 9:45 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

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

**YOGA**  
9:00-10:00 a.m.

**Pickleball**  
9:00 - Noon

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

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

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

**SATURDAY  
HOURS**  
8:00am-Noon

**Saturday Yoga**  
9:00am-10:00am

