

SUMMER FITNESS CLASSES



Monday	Tuesday	Wednesday	Thursday	Friday
Senior Stretch 10: 00 - 11:00am	Water Aerobics 10:00 - 11:00am	Senior Stretch 10:00 - 11:00am	Water Aerobics 10:00 - 11:00am	Senior Stretch 10:00 - 11:00am
Step Class 5:00-6:00pm		Muscle Pump 6:00-7:00pm		
Water Aerobics 6:00 - 7:00pm	Boot Camp 5:30 - 6:30pm	Water Aerobics 6:00 - 7:00pm	Boot Camp 5:30 - 6:30pm	Water Aerobics 6:00 - 7:00pm
Zumba 6:00-7:00pm		Zumba 7:00 - 8:00pm	Yoga 6:30 - 7:30pm	