

Summer Health and Wellness Classes - Adult

June 21 - August 15

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Mix It Up 5:30-6:30 AM	Yoga 5:30-6:30AM	Step Blast 5:30-6:30 AM	Stability Ball 5:30-6:30 AM	Zumba 5:30-6:30 AM	Zumba 9:45-10:45 AM	
	Summer Only Instructor's Choice 9:15-10:15 AM		Summer Only Instructor's Choice 9:15-10:15 AM	Boot Camp 9:15-10:15 AM		
Adult Strength Training 9:30-10:30 AM	Beginner Strength 9:30-10:30 AM	Adult Strength Training 9:30-10:30 AM	Beginner Strength 9:30-10:30 AM			
	SilverSneakers® Muscular Strength and Range of Motion 12:30-1:15 PM		SilverSneakers® Muscular Strength and Range of Motion 12:30-1:15 PM			
Zumba Gold 5:15-6:00 PM				Zumba Gold 5:15-6:00 PM		
Sweat & Sculpt 6:00-7:15 PM		Zumba 6:00-7:00 PM		Zumba 6-7pm		
Adult Strength 7-7:45	Mat Pilates 6:15-7:15 PM	Adult Strength 7-7:45	Basic Yoga 6:15-7:15 PM			
	Intermediate Yoga 7:15-8:15 PM	Stability Ball 7:00-7:45	Mat Pilates 6:15-7:15 PM			

Classes that require a program fee from full members appear in bold italics. All classes require registration.

Summer Health and Wellness Classes - Youth and Teen

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	Youth Strength Training 4-4:45pm		Youth Strength Training 4-4:45pm			

	Kid's Sports Conditioning 5:30- 6:10pm		Kid's Sports Conditioning 5:30- 6:10pm			
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Please Note: Classes with less than 5 people registered will be cancelled for the session. Class schedule subject to change.