



Class Schedule

MONDAY

10:00a - Silver Sneakers[®] Fit - N. Main St

6:00p - HIIT - Faye Rd

6:00p - Zumba[®] - Main St

7:00p - MixedFit[®] - Faye Rd

TUESDAY

9:00a - Tabata (Hourglass) - N. Main St

10:30a - Silver Sneakers[®] - N. Main St

11:30a - Yoga (Mature Movers) - N Main St

5:30p - Yoga - N. Main St

6:30 - Body Toning (Tone & Fit) - N Main St

WEDNESDAY

10:00a - Silver Sneakers[®] Fit - N. Main St

11:30a - Tabata (Core & Cardio) - N Main St

6:00p - HIIT - Faye Rd

6:00p - MixedFit[®] - N Main St

THURSDAY

9:00a - Tabata (Crunches & Curls) - N. Main St

10:30a - Silver Sneakers[®] - N. Main St

11:30a - Yoga (Mature Movers) - N. Main St

5:30p - Yoga - N. Main St

7:00p - Zumba[®] - Faye Rd

FRIDAY

9:00a - Tabata - N. Main St

10:00a - Silver Sneakers[®](Line Dance)- N. Main St

6:00p - Zumba[®] - Main St

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