

	<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>	<u>SATURDAY</u>
6:00 AM		*Cycle		*Cycle		
6:30 AM						
8:00 AM						
9:00 AM	Pilates		Pilates		Pilates	
10:00 AM	Fit Over 50	SilverSneakers®	Fit Over 50	SilverSneakers®	Zumba	
10:30 AM						
6:00 PM	Cycle/Tai Chi		Cycle	Tai Chi		
6:30 PM		ZUMBA(fee base class)		ZUMBA(fee base class)		
6:45 PM						
7:00 PM	Yoga w/ Kim		Yoga w/ Kim			