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| **FALL FITNESS CLASS SCHEDULE** | | | | | |
| **MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY** | | | | | |
| 530-615am | Morning Circuit | Pickleball | Morning Circuit | Pickleball | Morning Circuit |
| 9-10am | Lift Circuit  Group Power | Cycle Plus  9-945 | Lift Circuit  Group Power | Cycle Plus  9-945 | Lift Circuit |
| 10-11am | Zumba 10-1045 | Barre Fusion | Zumba 10-1045 | Barre Fusion | Pickleball  10-12pm |
| 11-1130am | Tai-Chi | Movement & Mobility  11-1145am | Tai-Chi | Movement & Mobility  11-1145am |  |
| 110-1210pm |  |  |  |  |  |
| 1210-1250pm | Lunch Lift |  | Lunch Lift |  |  |
| 1-2pm | Pickleball  130-330pm | Senior Strength | Pickleball  130-330pm | Senior Strength |  |
| 4-5pm |  | Growth K-5 |  | Growth K-5 |  |
| 515-6pm |  | Fighting Gravity |  | Fighting Gravity |  |
| 615-7pm | Met Con  630-715pm | Cathartic Cardio | Met Con  630-715pm | Cathartic Cardio |  |

\*\*CLASSES FREE TO MEMBERS\*\*

\*\*$30 FOR NON-MEMBERS\*\*