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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 Plus9-945 | Lift CircuitGroup 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 & Mobility11-1145am | Tai-Chi  | Movement & Mobility11-1145am |  |
| 110-1210pm |  |  |  |  |  |
| 1210-1250pm | Lunch Lift |  | Lunch Lift |  |  |
| 1-2pm | Pickleball130-330pm | Senior Strength | Pickleball130-330pm | Senior Strength |  |
| 4-5pm |  | Growth K-5 |  | Growth K-5 |  |
| 515-6pm |  | Fighting Gravity |  | Fighting Gravity |  |
| 615-7pm | Met Con630-715pm | Cathartic Cardio  | Met Con630-715pm | Cathartic Cardio |  |

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

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