



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Fitness Class Schedule

Morning

October 10 - December 4

Time	Mon	Tues	Wed	Thurs	Fri	Sat	Sun					
6:00a												
7:00a												
8:00a	Chisel and Chat 8:15a-9:00a		Chisel and Chat 8:15a-9:00a		Chisel and Chat 8:15a-9:00a	Strike Kickboxing 9:00a-9:45a						
9:00a	Total Body Cond. 9:15a- 10:00a	*Aquacize 8:45a- 9:45a	Yoga 9:00a- 10:00a	Silver Sneakers Cardio 9:00-9:45a	Total Body Cond. 9:15a- 10:00a	*Aquacize 8:45a- 9:45a	Yoga 9:00a- 10:00a	Silver Sneakers Cardio 9:00-9:45a	Total Body Cond. 9:15a- 10:00a	*Aquacize 8:45a- 9:45a		
10:00a	Silver Sneakers Chair Yoga 10:15a-11:15a	Silver Sneakers Classic 10:00a-10:45a	Silver Sneakers Chair Yoga 10:15a-11:15a	Silver Sneakers Classic 10:00a-10:45a	Stretch and Tone 10:15a-11:15a							
11:00a												

*Indicates classes with fees. Check program guide for associated fees.

Please call 419-673-6131 to ensure that class is running for the month. Class availability is based on registration numbers.

EVENING CLASSES ON BACK



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Fitness Class Schedule

Afternoon/Evening

October 10 - December 4

Time	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
12:00p							
1:00p							
2:00p							
3:00p							
4:00p							
5:00p	Body Works 5:00p-5:45p	Karate 5:00p-7:00p	Body Works 5:00p-5:45p	Strike Kickboxing 5:15p-6:00p			
6:00p	Group Cycle 6:00p-6:45p	Zumba 6:00p-6:45p	Yoga 6:00p-6:45p	Group Cycle 6:00p-6:45p	Zumba 6:00p-6:45p	Yoga 6:00p-6:45p	
7:00p							
8:00p							
9:00p							