for youth development® For healthy living For social responsibility							Fitness Class Schedule Morning August 13 - October 7						
Time	Mon		Tues		Wed		Thurs		Fri		Sat	Sun	
6:00a			Cardio Drumming 5:35a-6:20a					Drumming 1-6:20a					
7:00a													
8:00a	Chisel and Chat 8:00a-8:45a				Chisel and Chat 8:00a-8:45a				Chisel and Chat 8:00a-8:45a				
9:00a	Total Body Conditioning 9:00a- 10:00a	Aquacize 8:45a- 9:45a	Yoga 9:00a- 10:00	Silver Sneakers Cardio 9:00a- 9:45a	Total Body Conditioning 9:00a- 10:00a	Aquacize 8:45a- 9:45a	Yoga 9:00a- 10:00	Silver Sneakers Cardio 9:00a- 9:45a	Total Body Conditioning 9:00a- 10:00a	Aquacize 8:45a- 9:45a	Strike Kickboxing 9:00a-9:45a		
10:00a	Stretch and Tone 10:10a-11:10a		Silver Sneakers Classic 10:00a-10:45a		Silver Sneakers Chair Yoga 10:10a-11:10a		Silver Sneakers Classic 10:00a-10:45a		Silver Sneakers Chair Yoga 10:10a-11:10a				
11:00a													
12:00p													

1	J FOR HE	DUTH DEVELOPMENT® EALTHY LIVING DCIAL RESPONSIBILITY	Fitness Class Schedule Afternoon/Evening August 13 - October 7							
Time	Mon	Tues	Wed	Thurs	Fri	Sat	Sun			
1:00p										
2:00p										
3:00p										
4:00p										
5:00p	Body Works 5:00p-5:45p		Body Works 5:00p-5:45p	Strike Kickboxing 5:15p-6:00p						
6:00p	Zumba 6:00p-6:45p	Yoga 6:00p-7:00p (starting after fair)	Zumba 6:00p-6:45p	Yoga 6:00p-7:00p (starting after fair)						
7:00p										