



# Fitness Class Schedule 2024

Time	Mon	Tues	Wed	Thurs	Fri	Sat	Sun			
6:00 AM		Cardio Drumming 5:35 am – 6:20 am		Cardio Drumming 5:35 am – 6:20 am						
8:00 am	Chisel and Chat 8:00 am – 8:45 am		Chisel and Chat 8:00 am – 8:45 am		Chisel and Chat 8:00 am – 8:45 am					
9:00 am	Total Body Conditioning 9:00 am – 10:00 am	Aquacize 8:45 am – 9:45 am	Yoga 9:00 am – 10:00 am Silver Sneakers Cardio 9:00 am – 9:45 am	Total Body Conditioning 9:00 am – 10:00 am	Aquacize 8:45 am – 9:45 am	Yoga 9:00 am – 10:00 am Silver Sneakers Cardio 9:00 am – 9:45 am	Total Body Conditioning 9:00 am – 10:00 am	Aquacize 8:45 am – 9:45 am	Strike Kickboxing 9:00 am – 9:45 am	
10:00 am	Stretch and Tone 10:10 am – 11:10 am	Silver Sneakers Classic 10:00 am – 10:45 am	Silver Sneakers Chair Yoga 10:10 am – 11:10 am	Silver Sneakers Classic 10:00 am – 10:45 am	Silver Sneakers Chair Yoga 10:10 am – 11:10 am					
2:00 pm		Tai Chi 2:30 pm – 3:30 pm		Tai Chi 2:30 pm – 3:30 pm						
5:00 pm	Body Works 5:00 pm – 5:45 pm		Body Works 5:00 pm – 5:45 pm	Strike Kickboxing 5:15 pm – 6:15 pm						
6:00 pm	Zumba 6:00 pm – 6:45 pm	Yoga 6:15 pm – 7:15 pm Karate 6:00 pm – 7:00 pm	Zumba 6:00 pm – 6:45 pm	Yoga 6:15 pm – 7:15 pm Karate 6:00 pm – 7:00 pm						