



Weeks of January 4th — March 26th Class Schedule (Land Based)

***Subject to change due to participation and levels of interest.

Mon	Tue	Wed	Thu	Fri
6:00-6:45 a.m. AL Cardio/Tone Class		6:00-6:45 a.m. SF Cardio/Tone Class		6:00-6:45 a.m. SF Cardio/Tone Class
9:00-10:00 a.m. Senior Yoga Class EA / RR Level2	9:00-10:00 a.m. Senior Circuit Class EA / RR Level2	9:00-10:00 a.m. Senior Yoga Class EA / RR Level2	9:00-10:00 a.m. Senior Circuit Class EA / RR Level2	9:00-10:00 a.m. Senior Fitness Class EA / RR Level2
12:15-12:45 p.m. SF Core Class	12:00—2:00p.m. Free Blood Pressure Checks	12:15-12:45 p.m. SF H.A.B.I.T. Class		12:15-12:45 p.m. SF Core Class
3:30—5:00p.m. SC/AL Super Kids Program***		3:30-4:15 p.m. SF PiYO	3:30—5:00p.m. SC/AL Super Kids Program***	3:30-4:15 p.m. SF PiYO
5:15-6:00pm SF Cardio/Tone Class	5:15-6:00 p.m. AL Body Works	5:15-6:00pm sc Cardio Kick	5:15-6:00 p.m. AL Body Works	
6:00—6:30pm SF PiYO 6:45—7:15pm SF NWL ***	7:15—7:45p.m. AL Core Class	6:15—7:00p.m. sc Shape Up Toning	6:15-7:00 p.m. EA Yogalates	

Instructors: SF = Stacy Ford EA = Emily Arnold RR = Rachel Rosswurm AL = Alison Lipina SC = Sarah Conrad **Child Watch Hours Available** Mon.—Fri. 10am—12pm

Note: Classes with *** are available for an additional fee

Mon.—Thurs. 5—7pm