



Mon	Tue	Wed	Thu	Fri
6:00-6:45 a.m. AL Cardio/Tone		6:00-6:45 a.m. SF Step Aerobics		6:00-6:45 a.m. AL Cardio/Tone
9:00-10:00 a.m. Senior Yoga Class EA / RR Level2	9:00-10:00 a.m. EA / RR Senior Circuit Class	9:00-10:00 a.m. Senior Yoga Class EA / RR Level2	9:00-10:00 a.m. EA / RR Senior Circuit Class	
10:00-10:45 a.m. SF PiYo 12:15-12:45 p.m. SF Core Class	12:00-2:00 p.m. Free Blood Pressure Checks	12:15-12:45 p.m. SF Core Class		12:15-12:45 p.m. AL Core Class
3:30-4:15 p.m. EA Step Aerobics 5:15-6:00 p.m. SF/SC Cardio/Tone	4:00-5:00 p.m. AL Boot Camp Circuit 5:15-5:45 p.m. AL Core/Stretch	5:15-6:00 p.m. sc Cardio/Tone	4:00-5:00 p.m. AL Boot Camp Circuit 5:15-5:45 p.m. AL Core/Stretch	
6:00-6:30 p.m. SF/SC PiYo	7:00-7:45 p.m. AL Body Works		7:00-7:45 p.m. AL Body Works	

Instructors: SF = Stacy Ford EA = Emily Arnold RR = Rachel Rosswurm AL = Alison Lipina SC = Sarah Conrad

Child Watch Hours Available Mon, Wed, Fri 10am—12pm