

FITNESS SCHEDULE

SCHEDULE CHANGES STARTING MONDAY, MAY 27TH

Mondays	8:30 – 9:30am The Blend <i>Mary Ann</i> The blend is a mix if cardio and strength training.
Tuesdays	8:00 – 9:00am Combo <i>Abby</i> Combo is a mixture of strength training and stretching. Earlier Time
	9:15 – 10:15 Yoga <i>Eva</i> Earlier Time
	9:15 – 10:15 Water Aerobics <i>Abby</i> New Class
Wednesdays	7:30 – 8:30am Strength and Balance <i>Mary Ann</i>
Thursdays	8:30 – 9:30am Yoga <i>Barbara</i>
Fridays	8:00 – 9:00am Body Sculpt/Zumba <i>Abby</i> High Intensity Interval Training combined with strength training and Zumba. Earlier Time
	9:15 – 10:15 Water Aerobics <i>Abby</i> New Class

***ALL Classes can be modified for different skill levels.**