

GROUP FITNESS

Schedule



MON

ZUMBA

10:30 AM – 11:30 AM
7:00 PM – 8:00 PM

TUE

YOGA*

6:00 PM – 7:00 PM

WED

BODY FIT GOLD WITH ABS

9:00 AM – 10:00 AM

THU

**BOOM! MUSCLE POWERED BY
SILVER SNEAKERS**

10:30 AM – 11:30 AM

FRI

ZUMBA

9:00 AM – 10:00 AM