

## MORNINGS/DAYTIME

Spin with Angela - 6:05am

M

Silver Sneakers with Gail - 10:15am

Senior Walk - 9:00 -11:00am

Tot's 'n' Turf - 9:00 -3:00pm

After School Drop in 3:30 - 5:30pm

Cut & Curve with Carly - 6:05am

T

Silver Sneakers with Gail - 9:30am

Senior Walk - 9:00 -11:00am

Tot's 'n' Turf - 9:00 -3:00pm

After School Drop in 3:30 - 5:30pm

Body Boost with Suzanne - 6:05am

W

Silver Stretch & Balance with Gail - 10:15am

Senior Walk - 9:00 -11:00am

Tot's 'n' Turf - 9:00 -3:00pm

After School Drop in 3:30 - 5:30pm

Spin with Angela - 6:05am

T

Silver Sneakers with Gail - 9:30am

Senior Walk - 9:00 -11:00am

Tot's 'n' Turf - 9:00 -3:00pm

After School Drop in 3:30 - 5:30pm

Fireball with Suzanne - 6:05am

F

Pilates for Beginners with Lauren - 10:30am

Senior Walk - 9:00 -11:00am

Tot's 'n' Turf - 9:00 -3:00pm

After School Drop in 3:30 - 5:30pm

## EVENINGS

Pilates Mat with Lauren - 5:30pm

Electric circuit with Rachel - 7:30pm

Cycle with Cindy - 5:30pm

The Works with Suzanne - 6:30pm

Bend & Balance with Suzanne - 7:30pm

Body Blast with Rachel - 5:30pm

Spin with Carly - 5:30pm

Pilates fitness with Lauren - 5:30pm

Pound with Char - 6:30pm

HIIT with Salina - 5:30pm

Weekend Release with Salina - 6:30pm

Ultimate Frisbee 6:00 - 10:00pm