

THE GYM GROUP X EXERCISE

SilverSneakers®

TUESDAY	10:15 AM	SilverSneakers® Muscular Strength
TUESDAY	11:15 AM	SilverSneakers® Muscular Strength
THURSDAY	10:15 AM	SilverSneakers® Muscular Strength
THURSDAY	11:15 AM	SilverSneakers® Muscular Strength

AM - GROUP X

MONDAY	10:00 AM	Line Dancing
TUES/THUR	9:00 AM	Interval Training
TUES/THUR	9:15 AM	SuperSeniors
WEDNESDAY	10:00 AM	Line Dancing
Friday	9:00 AM	ZUMBA®

Workout How-To's for New Members Only

THE GYM WORKOUT -101

By Appointment Only- Prior Sign-Up Required

THE GYM

Group X Class Lineup

December / January

PM - GROUP X CLASSES

MONDAY	5:30-6:15 PM	ZUMBA®
MONDAY	6:15-6:45 PM	ZUMBA® Toning

TUESDAY	5:45-6:45 PM	Tone It UP
TUESDAY	6:45-7:00 PM	ABS
TUESDAY	7:00-7:45 PM	Pilates

WEDNESDAY	5:45-6:30 PM	Cardio Blast
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THURSDAY	5:45-6:30 PM	Boot Camp
THURSDAY	6:30-7:15 PM	Pilates

FRIDAY	5:30-6:15 PM	ZUMBA®
FRIDAY	6:15-6:45 PM	ZUMBA® Toning

See Back for Class Descriptions

Schedule is Subject to Change Due to Instructor Availability