


Live Group Exercise Schedule

June 2017

Mon	Tue	Wed	Thu	Fri
<p>No Classes! National Senior Fitness Day</p>	<p>Silver & Fit: Gentle 10a - 10:45a Yoga 5:45p - 6:30p</p>	<p>Silver & Fit 10a - 10:45a</p>	<p>Silver & Fit: Gentle 10a - 10:45a Cross Training 5:45p - 6:30p</p>	<p>Silver & Fit 10a - 10:45a</p>
<p>Silver & Fit 10a - 10:45a Cross Training 5:45p - 6:30p</p>	<p>Silver & Fit: Gentle 10a - 10:45a Yoga 5:45p - 6:30p</p>	<p>Silver & Fit 10a - 10:45a</p>	<p>Silver & Fit: Gentle 10a - 10:45a Cross Training 5:45p - 6:30p Body Comp 8a-6p</p>	<p>Silver & Fit 10a - 10:45a</p>
<p>Cross Training 5:45p - 6:30p</p>	<p>Yoga 5:45p - 6:30p</p>		<p>Silver & Fit: Gentle 10a - 10:45a Cross Training 5:45p - 6:30p Fit Tips 5:30p</p>	<p>Silver & Fit 10a - 10:45a</p>
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No Silver & Fit Classes

Cant Make A Class? Try Fitness On Demand!

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