



# GROUP FITNESS

## SPORTS OF ALL SORTS



JUNE ~ 2018

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1 8:30-9:20 (Stacey) <b>Senior Strength PLUS+</b> 9:30-10:20 (LISA) <b>Senior-Fit</b> 10:30 - 11:20 (Toni) <b>SilverSneakers Calssic</b>	2
3	4 8:30 - 9:20 (Angi) <b>Senior-Fit</b> 9:30 - 10:20 (Toni) <b>Senior-Fit</b> 10:30-11:20 (Lisa) <b>Silver Sneaker's Classic</b> 6:30 - 7:25 (Jeannine) <b>STRONG by Zumba!</b>	5 8:30 - 9:15 (Lisa) <b>Senior Boot Camp</b> 9:30-10:20 (Toni) <b>Silver Sneakers Yoga</b>	6 8:30 - 9:20 (Amy) <b>Senior -Fit</b> 9:30 - 10:20 (Stacey) <b>Senior Strength PLUS +</b> 10:30-11:20 (Angi) <b>Silver Sneaker's Classic</b>	7 10:00 - 10:30 (Lisa) <b>Silver Sneakers Stability</b> 10:40-11:40 (Lisa) <b>DANCE-FIT</b>	8 8:30-9:20 (Stacey) <b>Senior Strength PLUS+</b> 9:30-10:20 (Amy) <b>Senior-Fit</b> 10:30 - 11:20 (Toni) <b>SilverSneakers Calssic</b>	9
10	11 8:30 - 9:20 (Angi) <b>Senior-Fit</b> 9:30 - 10:20 (Toni) <b>Senior-Fit</b> 10:30-11:20 (Lisa) <b>Silver Sneaker's Classic</b> 6:30 - 7:25 (Stacey) <b>HIIT CARDIO</b>	12 8:30 - 9:15 (Lisa) <b>Senior Boot Camp</b> 9:30-10:20 (Toni) <b>Silver Sneakers Yoga</b>	13 8:30-9:20 (Amy) <b>Senior-FIT</b> 9:30 - 10:20 (Stacey) <b>Senior Strength PLUS +</b> 10:30-11:20 (Angi) <b>Silver Sneaker's Classic</b>	14 10:00 - 10:30 (Lisa) <b>Silver Sneakers Stability</b> 10:40-11:40 (Lisa) <b>DANCE-FIT</b>	15 8:30-9:20 (Stacey) <b>Senior Strength PLUS+</b> 9:30-10:20 (Amy) <b>Senior-Fit</b> 10:30 - 11:20 (Toni) <b>SilverSneakers Calssic</b>	16
17	18 8:30 - 9:20 (Angi) <b>Senior-Fit</b> 9:30 - 10:20 (Toni) <b>Senior-Fit</b> 10:30-11:20 (Lisa) <b>Silver Sneaker's Classic</b> 6:30 - 7:25 (Stacey) <b>HIIT CARDIO</b>	19 8:30 - 9:15 (Lisa) <b>Senior Boot Camp</b> 9:30-10:20 (Toni) <b>Silver Sneakers Yoga</b>	20 8:30-9:20 (Amy) <b>Senior-FIT</b> 9:30 - 10:20 (Stacey) <b>Senior Strength PLUS +</b> 10:30-11:20 (Angi) <b>Silver Sneaker's Classic</b>	21 10:00 - 10:30 (Lisa) <b>Silver Sneakers Stability</b> 10:40-11:40 (Lisa) <b>DANCE-FIT</b>	22 8:30-9:20 (Stacey) <b>Senior Strength PLUS+</b> 9:30-10:20 (Amy) <b>Senior-Fit</b> 10:30 - 11:20 (Toni) <b>SilverSneakers Calssic</b>	23
24	25 8:30 - 9:20 (Lisa) <b>Senior-Fit</b> 9:30 - 10:20 (Toni) <b>Senior-Fit</b> 10:30-11:20 (TONI) <b>Silver Sneaker's Classic</b> 6:30 - 7:25 (Stacey) <b>HIIT CARDIO</b>	26 8:30 - 9:15 (Lisa) <b>Senior Boot Camp</b> 9:30-10:20 (Toni) <b>Silver Sneakers Yoga</b>	27 8:30-9:20 (Amy) <b>Senior-FIT</b> 9:30 - 10:20 (ANGI) <b>Senior Strength PLUS +</b> 10:30-11:20 (Angi) <b>Silver Sneaker's Classic</b>	28 10:00 - 10:30 (Lisa) <b>Silver Sneakers Stability</b> 10:40-11:40 (Lisa) <b>DANCE-FIT</b>	29 8:30-9:20 (ANGI) <b>Senior Strength PLUS+</b> 9:30-10:20 (Amy) <b>Senior-Fit</b> 10:30 - 11:20 (Toni) <b>SilverSneakers Calssic</b>	30