

# Class Schedule

\*these classes require reservations because of limited space & equipment. use the reservation links on our Facebook page to reserve your spot.

Mon

**SILVER SNEAKERS CLASSIC**

10:00-11:00 AM  
Nancy  
Fitness Room

**SPIN\***

5:30-6:30 PM  
Audralee  
Fitness Room

**GENTLE YOGA & INTERMEDIATE**

**YOGA**  
6:00-7:00 PM  
Kaylin  
Upstairs Room

Tue

**SILVER SNEAKERS YOGA**

10:00-11:00 AM  
Nancy  
Fitness Room

Wed

**SILVER SNEAKERS CLASSIC**

9:30-10:30 AM  
Nancy  
Fitness Room

**SPIN COMBO\***

5:30-6:30 PM  
Rachel  
Fitness Room

Thu

**SILVER SNEAKERS YOGA**

10:00-11:00 AM  
Gloria  
Fitness Room

Fri

**PILATES**

9:00-9:45 AM  
Gloria  
Fitness Room

**SILVER SNEAKERS CLASSIC**

10:00-11:00 AM  
Gloria  
Fitness Room

Sat

**SPIN\***

8:00- 9:00 AM  
Rachel  
Fitness Room

**STRETCH**

9:00-9:30 AM  
Rachel  
Fitness Room