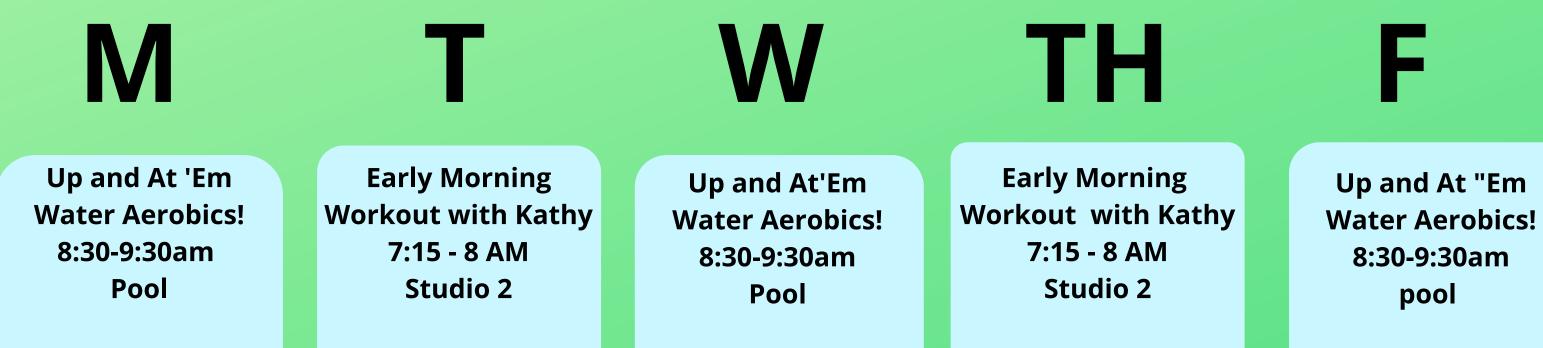
Be Healthy. Be Strong. Belong.





Deep Water Dynamics 9:30-10:30am Pool

Zumba with Jennifer 7:00-7:45pm Studio 2

SAT

Zumba GOLD with Jennifer 9:15-10:00am Studio 2

Breathing & Chair Yoga with Gini 10:15-11:15am Studio 2 Tai Chi With Kathy 8:15-8:45AM Studio 2

Silver Sneakers Circuit with Donna 9:30-10:15am Studio 2

> Spin With Adam 5-5:45 PM Studio 1

Deep Water Dynamics 9:30-10:30am Pool

Yin Yoga with Gini 5-5:45 PM Studio 2 Tai Chi With Kathy 8:15-8:45AM Studio 2

Silver Sneakers Circuit with Donna 9:30-10:15am Studio 2

> Zumba with Jennifer 7:00-7:45pm Studio 2

Deep Water Dynamics 9:30-10:30am Pool

Chair Yoga With Adam 5-5:45 PM Studio 2

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Yin Yoga with Gini 9:45-10:30am Studio 2

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