



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:45-6:30am	RI Training (Sue)	Cardio & Core (Ashilyn)	Strength 101 (Ruth)		RI Training (Heidi)		
8:00-8:45am	Water Exercise (Jessica)	Water Exercise (Linda)	Water Exercise (Sue)	Water Exercise (Jessica)	Water Exercise (Leona)	*Fitness Yoga (Rotating Instructor)	
9:00-9:45am		Zumba Gold® (Jessica)					
10:00-10:45am	Ageless Yoga (Leona)	Clarinda Pump (Sue)	Ageless Yoga (Leona)	Clarinda Pump (Sue)	Ageless Yoga (Leona)		
4:30-5:15pm	*Strength 101 (Ashilyn)						
5:15-6:00pm			Deep Water (Jessica)				
5:30-6:15pm							
6:00-7:00pm		Fitness Yoga (FOD)		Fitness Yoga (Rotating Instructor)			

Updates & Information...

\*Saturday Yoga: 6/3 Fitness Yoga (Jessica), 6/10 Fitness Yoga (Leona), 6/17 Fitness Yoga (Jessica), 6/24 Fitness Yoga (FOD with Jake)

\***Summer Schedule:** All 4:30pm classes & 5:30pm classes will end after Memorial Day until Sept. with the exception of Mon Strength 101.

\* However, Monday 4:30pm Strength 101 WILL continue in the summer!

*Questions? Contact us!*

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