

BRANCH SPECIFIC ACTIVITIES

East End

Water Fitness:

8:15-9 am Aqua Kickboxing

1:15-2:15 pm Silver Splash

4-5 pm Open Swim

Group Exercise (Land)

8:30 - 9:15 am Silver Sneakers Chair Yoga (Gym)

9:30-10:15 Silver Sneaker Circuit (Gym)

10 - 11 am Yoga (limited space in Fitness Studio)

6-6:45 pm Gentle Pilates/Stretch (Fitness Studio)

Fitness Studio Self Defense Circuit 6pm

Youth Classes:

5:15-6pm All About Sports (age 3-5) Gym

6-6:45 pm All About Sports (ages 6-9) Gym

BRANCH SPECIFIC ACTIVITIES

West End

Adult Classes

6:15 PM Cycle

6 PM Hiit

8:15 AM Silver Sneaker Circuit

9:15 AM Strength

10:15 AM Yoga

Kids Classes (Times TBD)

5:45 PM Dodge ball

Continuity Ball

Crab Kick

Spin and Run

Lemon and Spoon Race

Community Partners

Achillies

Dept of Insurance 11-1pm

Archwell 9-11am

Local food vendor

Red Cross

BRANCH SPECIFIC ACTIVITIES

Central

Vibration plate demos throughout the day

Talk with a trainer presentation @6pm

Water Fitness:

8:30-9:15am

9:15-10am

10-10:45am

5:45-6:30pm

Floating HITT: 11-11:45am and 4:45-5:30pm

Open Swim: 3-5pm Instructional Pool only

Kids classes 4:30-6pm

Group Exercise

30 min Pilates Reformers

Jr. Ninja