

# WELLNESS FLOOR CLASSES (JUNE)

**REGISTRATION IS REQUIRED FOR ALL CLASSES**

*Group Exercise classes=\$3 / TRX classes=\$5 / MX4 classes=\$8*

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	Circuit Silver Sneakers 8:15-9:00 am Sue		Circuit Silver Sneakers 8:15-9:00 am Sue		Glutes, Core & More 8:15-9:00 am Carol	
Cycle 9:15-10:00 am Rose		Dance Fitness 8:15-9:00 am Janie				
Yoga 9:15-10:00am Sue	Cycle 9:15-10:00 am Rose	Cycle 9:15-10:00 am Rose	Strength Training 9:15-10:00 am Nanci	Cycle 9:15-10:00 am Rose	Cycle 8:15-9:00 am Nanci	
Strength Training 10:15-11:00 am Sharon	Balance & Stability 9:15-10:00 am Sue	Yoga 9:15-10:00 am Sue		Balance & Stability 9:15-10:00 am Sue	Tabata Timing 9:15-10:00 am Dawn	
Classic Silver Sneakers 11:15-12:00 pm Linda	MX4 9:15-10:00 am (Only 8 spots) Toni	Strength Training 10:15-11:00 am Sharon	Yoga 10:15-11:00 am Sue	Chair Yoga 10:15-11:00 am Sue	Zumba 10:15-11:00am Dawn	
Circuit Silver Sneakers 12:15-1:00 pm Linda	MX4 10:15-11:00 am (Only 8 spots) Toni	Classic Silver Sneakers 11:15-12:00 pm Linda		Classic Silver Sneakers 11:15-12:00 pm Linda		Dance Fitness 11:00-11:45am Janie
	Strength Training 10:15-11:00am Nanci	Circuit Silver Sneakers 12:15-1:00 pm Linda		Circuit Silver Sneakers 12:15-1:00 pm Linda		
TRX 5:15-6:00 pm (Only 8 spots) Beth			TRX 5:15-6:00 pm (Only 8 spots) Beth			
Cycle 6:15-7:00 pm Beth	HIIT 6:00-6:45 pm Tricia		Cycle 6:15-7:00 pm Beth			
Strength Training 6:15-7:00 pm Sharon		Strength Training 6:15-7:00 pm Sharon				
	Glutes, Core & More 7:00-7:45pm Carol	Yoga 7:15-8:00pm Lisa				