

# Fitness Class Schedule

(As of November 17<sup>th</sup>, this schedule is effective until further notice)

	Monday	Tuesday	Wednesday	Thursday	Friday
8:30 - 9:15 AM		Learning in Retirement (LIR)		Learning in Retirement (LIR)	
10:45 - 11:30 AM	Mindful Movement		Mindful Movement		Mindful Movement
2:00 - 3:00PM		Brain Games		Brain Games	
2:15 - 3:00 PM	Balance & Strength		Balance & Strength		
4:15 - 5:00 PM	Chair Yoga		Chair Yoga		

• Brain Games will be in the Rec Room,  
all other classes will be held in the Aerobic Studio