

Fitness Class Schedule

As of March 21st

	Monday	Tuesday	Wednesday	Thursday	Friday
8:30 – 9:15 AM		Community Classic		Community Classic	
10:45 AM – 11:30 PM	Mindful Movement		Mindful Movement		Mindful Movement
1:15 – 2:00 PM			Walk		
2:00 - 3:00PM		Brain Games		Brain Games	
2:15 - 3:00 PM	Balance & Strength		Balance & Strength		
3:00-3:45 PM		HIIT the Ground Walking			
4:15 – 5:00 PM	Chair Yoga		Chair Yoga		

- Brain Games is held in the Rec Room

- Walks will meet at Door 1 (Rain or Shine)