

# Fitness Class Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday
8:30 – 9:15 AM		Community Classic		Community Classic	
10:45 AM – 11:30 AM	Mindful Movement		Mindful Movement		Flexibility & Range of Motion (ROM) 10:45-11:15
2:00 -3:00 PM		Brain Games		Brain Games	
2:15 - 3:00 PM	Balance & Strength		Balance & Strength		
3:15 – 4:00 PM	Chair Yoga		Chair Yoga		

• Brain Games is held in the Rec Room

Updated 4.12.23