



ACTIVE LIVING CENTER CLASS SCHEDULE

HOURS OF OPERATION: Monday through Friday 8AM-2PM



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Live Fit 8:45a-9:45a Ron Room: Active Living Center</p>	<p>Silver Strength 9:00a - 10:00a Paul Room: Active Living Center</p>	<p>Live Fit 8:45a-9:45a Ron Room: Active Living Center</p>	<p>Silver Strength 9:00a - 10:00a Paul Room: Active Living Center</p>	<p>Live Fit 8:45a-9:45a Ron Room: Active Living Center</p>
<p>Strength in Balance 10:00a-11:00a Dale Room: Active Living Center</p>		<p>Chair Yoga 10:00a - 11:00a Mary Ann Room: Studio 1</p>		<p>Strength in Balance 10:00a-11:00a Dale Room: Active Living Center</p>
<p>EnhanceFitness* 11:15a - 12:15p Lori Room: Studio 3</p> <p>Registration Required</p>	<p>Tai Chi* 11:15a - 12:15p Kathy Room: Studio 3</p>	<p>EnhanceFitness* 11:15a - 12:15p Lori Room: Studio 3</p> <p>Registration Required</p>	<p>Tai Chi 11:15a - 12:15p Kathy Room: Studio 3</p>	<p>EnhanceFitness* 11:15a - 12:15p Dale Room: Studio 3</p> <p>Registration Required</p>
		<p>Ageless 12:30p - 1:30p Dawn Room: Studio 3</p>		