



ACTIVE LIVING CENTER CLASS SCHEDULE



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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Live Fit 8:45a-9:45a Ron Room: Active Living Center	Silver Strength 9:00a - 10:00a Paul Room: Active Living Center	Live Fit 8:45a-9:45a Ron Room: Active Living Center	Silver Strength 9:00a - 10:00a Paul Room: Active Living Center	Live Fit 8:45a-9:45a Ron Room: Active Living Center
Strength in Balance 10:00a-10:45a Sherry Room: Active Living Center	Tai Chi 11:15a - 12:15p Kathy Room: Studio 3	Chair Yoga 10:15a - 11:15a Mary Ann Room: Studio 3	Tai Chi 11:15a - 12:15p Kathy Room: Studio 3	Strength in Balance 10:15a-11:00a Marcy Room: Active Living Center
EnhanceFitness* 11:15a - 12:15p Nichole Room: Studio 3 Registration Required		EnhanceFitness* 11:15a - 12:15p Crystal/Paul Room: Studio 1 Registration Required		EnhanceFitness* 11:15a - 12:15p Lynne/Nichole Room: Active Living Center Registration Required
		Ageless 12:30p - 1:30p Dawn Room: Studio 3		
LIVESTRONG* 1:00p - 2:15p Paul Room: Active Living Center Registration Required		LIVESTRONG* 1:00p - 2:15p Paul Room: Active Living Center Registration Required		