



# ACTIVE LIVING CENTER CLASS SCHEDULE



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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>Live Fit</b> 8:45a-9:45a Ron Room: Active Living Center</p>	<p><b>Silver Strength</b> 9:00a - 10:00a Paul Room: Active Living Center</p>	<p><b>Live Fit</b> 8:45a-9:45a Ron Room: Active Living Center</p>	<p><b>Silver Strength</b> 9:00a - 10:00a Paul Room: Active Living Center</p>	<p><b>Live Fit</b> 8:45a-9:45a Ron Room: Active Living Center</p>
<p><b>Strength in Balance</b> 10:00a-10:45a Sherry Room: Active Living Center</p>	<p><b>Tai Chi</b> 11:15a - 12:15p Kathy Room: Studio 3</p>	<p><b>Chair Yoga</b> 10:20a - 11:15a Mary Ann Room: Studio 3</p>	<p><b>Tai Chi</b> 11:15a - 12:15p Kathy Room: Studio 3</p>	<p><b>Strength in Balance</b> 10:15a-11:00a Marcy Room: Active Living Center</p>
<p><b>EnhancedFitness</b> 11:15a - 12:15p Carrie Room: Studio 3</p>	<p><b>Food Journal Workshop</b> 10:15a - 11:15p Paul Room: Active Living Center <b>Registration Required</b></p>	<p><b>EnhancedFitness</b> 11:15a - 12:15p Crystal Room: Studio 1</p>		<p><b>EnhancedFitness</b> 11:15a - 12:15p Lynne Room: Active Living Center</p>
		<p><b>Ageless</b> 12:30p - 1:30p Dawn Room: Studio 3</p>		
<p><b>LIVESTRONG*</b> 1:00p - 2:15p Paul Room: Active Living Center <b>Registration Required</b></p>		<p><b>LIVESTRONG*</b> 1:00p - 2:15p Paul Room: Active Living Center <b>Registration Required</b></p>		