



# ACTIVE LIVING CENTER CLASS SCHEDULE



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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Live Fit</b> 8:45a-9:45a Ron Room: Active Living Center	<b>Silver Strength</b> 9:00a - 10:00a Paul Room: Active Living Center	<b>Live Fit</b> 8:45a-9:45a Ron Room: Active Living Center	<b>Silver Strength</b> 9:00a - 10:00a Paul Room: Active Living Center	<b>Live Fit</b> 8:45a-9:45a Ron Room: Active Living Center
<b>Strength in Balance</b> 10:00a-10:45a Lynne Room: Active Living Center	<b>Food Journal Workshop*</b> 10:15a - 11:15p Paul Room: Active Living Center <b>Registration Required</b>	<b>Chair Yoga</b> 10:20a - 11:15a Mary Ann Room: Studio 3	<b>Silver Spinners</b> 10:15a - 11:00a Pam Room: Studio 2/Spin Studio	<b>Strength in Balance</b> 10:15a-11:00a Marcy Room: Active Living Center
<b>EnhancedFitness</b> 11:15a - 12:15p Sherry Room: Studio 3	<b>Tai Chi</b> 11:15a - 12:15p Kathy Room: Studio 3	<b>EnhancedFitness</b> 11:15a - 12:15p Crystal Room: Studio 3	<b>Tai Chi</b> 11:15a - 12:15p Kathy Room: Studio 3	<b>EnhancedFitness</b> 11:15a - 12:15p Lynne Room: Active Living Center
		<b>Ageless</b> 12:30p - 1:30p Dawn Room: Studio 3		
<b>LIVESTRONG* X 2</b> Noon - 1:30p with Paul 6:00p - 7:30p with Lynne Room: Active Living Center <b>Registration Required</b>		<b>LIVESTRONG* X 2</b> Noon - 1:30p with Paul 6:00p - 7:30p with Lynne Room: Active Living Center <b>Registration Required</b>		