



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 Lynne Room: Active Living Center	Squat & Hip Hinge Seminar w/Paul 10:15a - 11:15a Room: Active Living Center Registration Required	Chair Yoga 10:20a - 11:15a Mary Ann Room: Studio 3	Silver Spinners 10:15a - 11:00a Pam Room: Studio 2/Spin Studio	Strength in Balance 10:15a-11:00a Marcy Room: Active Living Center
Enhanced Fitness 11:15a - 12:15p Sherry Room: Studio 3	Tai Chi 11:15a - 12:15p Kathy Room: Studio 3	Enhanced Fitness 11:15a - 12:15p Crystal Room: Studio 3	Tai Chi 11:15a - 12:15p Kathy Room: Studio 3	Enhanced Fitness 11:15a - 12:15p Lynne Room: Active Living Center
		Ageless 12:30p - 1:30p Dawn Room: Studio 3		