

# **HEALTH & FITNESS**™

We build strong kids, strong families, strong communities.

## Studio A

	Monday	Tuesday	Wednesday	Thursday	Saturday
<b>5:45am-6:30am</b>	Power Pump 12 yrs + (Jamie)		Cardio Sculpt 12 yrs + (Jamie)		
<b>7:30am-8:30am</b>					Basic Yoga 12+ (Lerin)
<b>10:00-10:45am</b>		Silver Sneakers® Muscular Strength & Range of Movement (Lerin)		Silver Sneakers® Muscular Strength & Range of Movement (Sharon)	
<b>11:00-11:45am</b>		Silver Sneakers® Yoga stretch & Flexibility (Lerin)		AM Yoga 12 yrs + (Sharon)	
<b>12:15 - 12:45pm</b>		Abs 12 yrs + (Kathy)		Abs 12 yrs + (Karen)	
<b>5:00-5:30pm</b>	Youth Fit 8-12 yrs (Danny B)	Abs 12 yrs + (Danny S)		Abs 12 yrs + (Danny S)	
<b>5:30-6:15 pm</b>	Circuit 16 yrs + (Danny B)	Core Training w/ Stability Ball 12 yrs + (Danny S)	Circuit 16 yrs + (Danny B)	Core Training w/ Stability Ball 12 yrs + (Danny S)	
<b>6:30-7:30 pm</b>	Karate Registration required			Karate Registration required	
<b>7:30-8:30 pm</b>	Karate Registration required			Karate Registration required	

\*All classes are suitable for any level or ability.

\*Aerobics classes require participants to be age 16 or older unless otherwise noted.

\*Please note that all classes are subject to instructor approval.

\* See class descriptions located at Member Services