



# Fitness Over 50 - Class Schedule



Main Gym (Circuit)



Fitness Studio

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
5 am	Closed						Closed	
6 am								
7 am		Circuit Training	Circuit Training	Circuit Training	Circuit Training	Circuit Training	Circuit Training	
8 am		Circuit Training	Circuit Training	Circuit Training	Circuit Training	Circuit Training	Circuit Training	
9 am							Qi Gong *	Joyous Movement *
:30			Zumba Gold *					
10 am		Middle Management	 Zumba Gold *	Middle Management	Relax and Recharge (Meditation) *	Middle Management		
:30								
11 am		Circuit Training			Circuit Training		Circuit Training	
:30			Total Stretch				Total Stretch	
12 PM	Better Balance	"Fun"damental Strength	Movement with Parkinson's *	Better Balance	"Fun"damental Strength			
:30	Middle Management	Middle Management		Middle Management	Middle Management			
1 PM		Continuing Yoga *		Beginning/Continuing Yoga *		Intro/Beginning Yoga *		
:30								
2 PM				Senior Men's Yoga *	Zumba Gold *		Closed	
:30								
3 PM								
:30								
4 PM			NIA *		NIA *			
:30								
5 PM	Relax and Recharge (Meditation) *							
:30		Men's Yoga * (public class)						
6 PM								
:30								
7 PM		Closed	Closed	Qi Gong * (public class)	Closed	Closed		

(7:30)  
West Coast Swing \*  
(public class)

\* Some classes are offered at a reasonable additional cost. Try any class for FREE!