

GROUP EXERCISE JUNE 21—SEPTEMBER 5, 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:45am (MG) Active Older Adults Nancy	8:30am (CR) Mommy & Me Cost \$35/\$40 7/20-9/9/21 Brittany	8:45am (MG) Active Older Adults Nancy	8:30am (CR) Mommy & Me Cost \$35/\$40 7/20-9/9/21 Brittany		
9:00am (BG)  Laura		9:00am (BG)  Sandra		9:00am (BG)  Laura	
9:00am (CR) Yoga Ellie					
			10:00am(CR) Yoga Shawna		
	10:15am (BG) Sitter-cize Holly	10:15am (BG) Silver & Fit Experience	10:15am (BG) Sitter-cize Holly		
	2:00pm (CT) Chair Yoga Shawna				
5:00pm (BG)  Jennifer		5:00pm (BG)  Laura			
5:30pm (BG) Boot Camp Outside Class Angelique		6:30-8:00pm (CR) Martial Arts 16+ Robert Cost: \$15/\$30mth	5:30pm (BG) Boot Camp Outside Class Angelique		
	6:00-7:30(CR) TaeKwonDo(CR) Ethron Cost: \$30/60mth		6:00-7:30(CR) TaeKwonDo(CR) Ethron Cost: \$30/60mth		

BG = Back Gym MG = Main Gym CR = Cascade Room TC = Coffee Time Room

****Note: Schedule subject to change. ****

Look for class descriptions on previous page. Classes with costs require preregistration.