

**November 3 – November 21**

| <b>TIME</b>    | <b>Monday</b>        | <b>Tuesday</b>                           | <b>Wednesday</b>               | <b>Thursday</b>                          | <b>Friday</b> | <b>Saturday</b> |
|----------------|----------------------|------------------------------------------|--------------------------------|------------------------------------------|---------------|-----------------|
| <b>5:30am</b>  |                      |                                          | <b>Boxmaster</b>               | <b>Spin</b>                              |               |                 |
| <b>6:00am</b>  |                      |                                          |                                |                                          |               |                 |
| <b>8:00am</b>  |                      | <b>Functional Fitness</b>                |                                | <b>Functional Fitness</b>                |               |                 |
| <b>8:30am</b>  |                      | <b>Senior Strength</b>                   |                                | <b>Senior Strength</b>                   |               |                 |
| <b>9:30am</b>  |                      |                                          |                                |                                          |               |                 |
| <b>10:00am</b> |                      |                                          |                                |                                          |               |                 |
| <b>10:15am</b> | <b>Chair/Balance</b> |                                          |                                | <b>Chair/Balance</b>                     |               |                 |
| <b>3:00pm</b>  |                      | <b>Parkinson's Program<br/>Boxmaster</b> |                                |                                          |               |                 |
| <b>3:30pm</b>  |                      |                                          |                                | <b>Parkinson's Program<br/>Boxmaster</b> |               |                 |
| <b>4:30pm</b>  |                      | <b>Boxmaster</b>                         |                                |                                          |               |                 |
| <b>4:45pm</b>  |                      |                                          |                                | <b>Boxmaster</b>                         |               |                 |
| <b>5:00pm</b>  |                      |                                          |                                |                                          |               |                 |
| <b>5:30pm</b>  | <b>Spin</b>          |                                          | <b>Yoga<br/>"Restore Flow"</b> | <b>HIIT</b>                              |               |                 |
| <b>6:00pm</b>  |                      |                                          |                                |                                          |               |                 |

|                                  |                            |              |                                                                                                                                                                                                                 |
|----------------------------------|----------------------------|--------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Functional Fitness               | 9:30am                     | T/TH         | Come and gain strength with a variety of different workouts.<br><br><b>1X a week, monthly: \$15.00 member \$30.00 non</b><br><b>2x a week, monthly: \$30.00 member \$60.00 non</b>                              |
| HIIT                             | 5:30pm                     | TH           | High Intensity Interval Training/Every Minute On the Minute. Best form of workout when training to burn those calories and get the heart rate up!<br><br><b>1X a week, monthly: \$15.00 member \$30.00 non</b>  |
| Boxmaster                        | 4:30pm<br>5:30am<br>4:45pm | T<br>W<br>TH | High energy class that allows you to move from full body movements while rotating through combinations on the Boxmaster.<br><br><b>Monthly: \$15.00 member \$30.00 non</b>                                      |
| Parkinson's Program<br>Boxmaster | 3:00pm<br>3:30pm           | T<br>TH      | Improve flexibility and range of motion.<br>Improves posture, gait, strength and balance.<br><br><b>1x a week, monthly: \$15.00 member \$30.00 non</b><br><b>2x a week, monthly: \$30.00 member \$60.00 non</b> |
| Spin                             | 5:30pm<br>5:30am           | M<br>TH      | Jump on one of our indoor bikes to get your sweat on.<br><br><b>Monthly: \$15.00 member \$30.00 non</b>                                                                                                         |
| Chair/Balance                    | 10:15am                    | M/TH         | Exercises that help keep you upright and help prevent falls.<br><br><b>Monthly: \$15.00 member \$30.00 non</b>                                                                                                  |
| Yoga (Restore Flow)              | 5:30pm                     | W            | Stretch your muscles and relax from the day.<br><b>Monthly: \$15.00 member \$30.00 non</b>                                                                                                                      |
| Senior Strength                  | 8:30am                     | T/TH         | Learn a variety of machines and gain strength.<br><br><b>1X a week, monthly: \$15.00 member \$30.00 non</b><br><b>2x a week, monthly: \$30.00 member \$60.00 non</b>                                            |

**PER CLASS PAYMENT AVAILABLE FOR ALL CLASSES – ASK FRONT DESK FOR COST.**

***\*IN THE EVENT INSTRUCTOR MUST CANCEL, CREDIT WILL BE GIVEN.***