



February 2 – February 27

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

Functional Fitness	8:00am	T/TH	Come and gain strength with a variety of different workouts.  <b>1X a week, monthly: \$20.00 member \$40.00 non</b> <b>2x a week, monthly: \$40.00 member \$80.00 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!  <b>1X a week, monthly: \$20.00 member \$40.00 non</b>
Boxmaster	4:30pm 5:30am 4:45pm	T W TH	High energy class that allows you to move from full body movements while rotating through combinations on the Boxmaster.  <b>Monthly: \$20.00 member \$40.00 non</b>
Parkinson's Program Boxmaster	3:00pm 3:30pm	T TH	Improve flexibility and range of motion. Improves posture, gait, strength and balance.  <b>1x a week, monthly: \$20.00 member \$40.00 non</b> <b>2x a week, monthly: \$40.00 member \$80.00 non</b>
Spin	5:30pm 5:30am	M TH	Jump on one of our indoor bikes to get your sweat on.  <b>Monthly: \$20.00 member \$40.00 non</b>
Chair/Balance	10:15am	M/TH	Exercises that help keep you upright and help prevent falls.  <b>Monthly: \$20.00 member \$40.00 non</b>
Yoga (Restore Flow)	5:30pm	W	Stretch your muscles and relax from the day.  <b>Monthly: \$20.00 member \$40.00 non</b>
Senior Strength	8:30am	T/TH	Learn a variety of machines and gain strength.  <b>1X a week, monthly: \$20.00 member \$40.00 non</b> <b>2x a week, monthly: \$40.00 member \$80.00 non</b>

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

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