



March 30th – April 24th

| TIME | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|-------------|---------------|----------------------------------|------------------------|----------------------------------|---------------|-----------------|
| 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 | | | | | | |

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

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

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