

January 2022 GROUP FITNESS SCHEDULES

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Silver Sneakers Classic 9:00 – 9:45am	Silver Sneakers Circuit 8:30 – 9:15am	Silver Sneakers Enerchi 8:30 - 9:15am	Silver Sneakers Classic 9:00 – 9:45am	Silver Sneakers Yoga 9:00 – 9:45am	
		HIIT (High Intensity Interval Training) 12:15 - 12:45pm		HIIT (High Intensity Interval Training) 12:15 - 12:45pm	HIIT (High Intensity Interval Training) 9:15 - 9:45am

Classes are subject to change based on attendance and instructor availability. Pre-registration is required for all classes. Registration is available online or at the front desk. Class sizes are limited so please register early. Check our website or Facebook for additional information.

No class on January 17th: Martin Luther King Jr. Day