
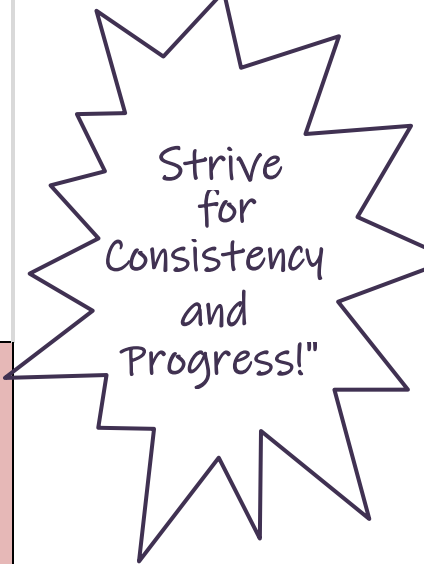


Activity Studio Class Schedule

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
6:00							
7:00							
7:30							
8:00							
8:30		8:30-9:15 Chair Yoga		8:30-9:15 Chair Yoga			
9:00							
9:30			9:30-10:30 Floor Yoga				
10:00		10:00-10:45 Tai Chi		10:00-10:45 Tai Chi			
10:30					*		
11:00	11:00-11:30 Balance Focused						
11:30							
12:00							
12:30							
1:00		1:15-1:45 Balance Focused		1:15-1:45 Balance Focused			Closed
1:30							
2:00							
2:30					*		
3:00		3:00-3:30 Seniors in Motion		3:00-3:30 Seniors in Motion			
3:30							
4:00							
4:30							
5:00	5:00-6:00 Floor Yoga			5:00-6:00 Floor Yoga			
5:30							
6:00							
6:30							
7:00	Closed	Closed	Closed	Closed	Closed	Closed	

Cardio Drumming
1st Friday at 10:30am
3rd Friday at 2:30pm

Jetti Pole Fitness
2nd Friday at 10:30am
4th Friday at 2:30pm