

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Class Title	<i>Silver Sneakers Classic</i>	<i>HIIT and Core</i>	<i>Vinyasa Yoga</i>	<i>Les Mills GRIT and CORE</i>	<i>Friday Freestyle</i>	<i>Kickboxing</i>	
Time	10:15am	7:00am	8:30am	7:00am	10:00am	9:30am	
Instructor	Nicole Lamm	Melissa Nolan	Marissa Greenberg	Melissa Nolan	Jen/Joe	Lisa Lansing	
Class Title	<i>Les Mills Body Pump</i>	<i>Tai Chi</i>	<i>Senior Strength</i>	<i>Tai Chi</i>	<i>Yoga</i>		
Time	12:00pm	1:00pm	12:00pm	1:00pm	12:00pm		
Instructor	Kym Porter	Qijing Yue	Kaleen Harrison	Qijing Yue	Robin Cade		
Class Title	<i>Zumba</i>	<i>Bootcamp</i>	<i>Kickboxing</i>	<i>Yoga: Breath and Meditation</i>			<i>Yoga: Breath and Meditation</i>
Time	6:00pm	6:00pm	8:00pm	6:00pm			5:30pm
Instructor	Riko Saidel	Serenity Fort	Yvonne Ojie	Chuck Everhart			Chuck Everhart