

MON-

8AM- FUNCTIONAL MOBILITY(30MIN)- VI - AEROBICS ROOM
9AM- STRENGTH AND CARDIO- VI - GYM
10:00AM- ZUMBA GOLD- CATHY P. (45MIN) -AEROBICS ROOM
11:00AM- YOGA- DONNA P. - AEROBICS ROOM
5:30PM- "STEP" IT UP!- DOREEN- AEROBICS ROOM
6PM-SPIN- KELLY *** - SPIN ROOM
6:30PM-YOGA- DONNA Y. -AEROBICS ROOM

TUE-

8AM-SILVER SNEAKERS CLASSIC- CATHY P. -AEROBICS ROOM
9:00 AM-KICKBOXING- ANNE MARIE -GYM
9:30AM-SPIN- DEB *** - SPIN ROOM
10:30AM-FIT AND FIRM- KATHY G.- AEROBICS ROOM
11:30AM-SILVER SNEAKERS CLASSIC- CATHY P. - GYM
5:30PM-STRENGTH AND CARDIO- VI -AEROBICS ROOM
6:30PM-BARRE- TRACI - AEROBICS ROOM

WED-

8AM-SPIN-DEBBIE C. *** - SPIN ROOM

9AM- MAX FIT MIX- ANNE MARIE - GYM

9AM-CHAIR YOGA- CATHY P. *** - AEROBICS ROOM

11AM-YOGA- DONNA P. - AEROBICS ROOM (NO CLASS 12/31) ★

5:30PM- BODY SCULPT - AEROBICS ROOM

SONYA-12/3 VI-12/10 VI-12/17

6:00PM-SPIN- CATHY P. *** - SPIN ROOM

6:30PM- ZUMBA- GINA - AEROBICS ROOM

NO CLASSES
12/24 & 1/1
MODIFIED SCHEDULE
12/31

THUR-

CLOSED 12/25

8AM-ZUMBA GOLD & WEIGHTS- CATHY P.- AEROBICS ROOM
9AM- 20/20/20- DEB- GYM
11:30AM- SILVER SNEAKERS CLASSIC- CATHY P. - GYM (12/11 CLASS TIME 10:30AM)
5:30PM- "STEP" IT UP!- DOREEN - AEROBICS ROOM
6:30PM- STRENGTH TRAINING- AEROBICS ROOM (DECEMBER ONLY)
DEBBIE C- 12/4 KATHY G- 12/11 KATHY G- 12/18

FRI-

8AM-FUNCTIONAL MOBILITY (30MIN)- VI - AEROBICS ROOM
8:30AM- ZUMBA- GINA - AEROBICS ROOM
9AM-SPIN-CATHY P./VI *** - SPIN ROOM
9:30AM-POUND (45 MIN)- JACKIE/DEB - AEROBICS ROOM
10:30AM- STRENGTH TRAINING- KATHY G. - AEROBICS ROOM
10:15AM- CHAIR YOGA- CATHY P.*** -FRONT ROOM
11:30AM- SILVER SNEAKERS CLASSIC- CATHY P.- GYM

SAT-

7AM-SPIN- SARAH *** - SPIN ROOM ★

8:00AM- - BODY FUSION - AEROBICS ROOM

JANELLE-12/6 VI-12/13 JANELLE-12/20 JANELLE-12/27

9:30AM- ZUMBA- AEROBICS ROOM

LISA-12/6 SONYA-12/13 SONYA-12/20 LISA-12/27

SUN-

10:15AM-SPIN- CATHY P. *** - SPIN ROOM

PLEASE CALL 2 DAYS IN ADVANCE FOR *
CLASSES
610-332-1900**

HOLIDAY HOURS
CLOSED 12/25
6AM-12PM 12/24 & 12/31
10AM-2PM NEW YEARS DAY