



Drop-In Fitness Schedule April 1 - June 29, 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	Group Circuit 6:00 - 7:00 am		Group Circuit 6:00 - 7:00 am		
					Group Circuit 8:00 - 9:00 am
	Core & More 9:00 - 10:00 am	Total Body Fitness 9:00 - 10:00 am	Gentle Fit 9:00 - 9:45 am	Step It Up 9:00 - 10:00 am	
Yoga 9:30 - 10:30 am		Full Body Barbell 10:15 - 11:15 am			
	Get Moving Walking 12:10 - 1:00 pm (ends April 30)	Linedancing Creston Room 10-11 am Beg 11-12 pm Int	Get Moving Walking 12:10 - 1:00 pm (ends April 25)		
Move to Improve (Parkinson's) 1:00 - 2:00 pm		Move to Improve (Parkinson's) 1:00 - 2:00 pm	Move to Improve (Parkinson's) 1:00 - 2:00 pm		
Sweat & Sculpt 5:00 - 5:45 pm	Cardio Kick 5:15 - 6:00 pm	POUND™ 6:30 - 7:15 pm (April 3 - June 26)	Strength & Mobility 5:15 - 6:15 pm	Spintastic 4:00 - 4:45 pm (ends Apr 26)	