

***Mondays***

5:30am-6:30am  
 9:00am-10:00am  
 12:15pm-1:00pm  
 6:00pm-7:00pm

***Tuesdays***

5:30am-6:30am  
 6:30pm-7:30pm

***Wednesday***

5:30am-6:30am  
 9:00am-10:00am  
 6:00pm-7:00pm

***Thursday***

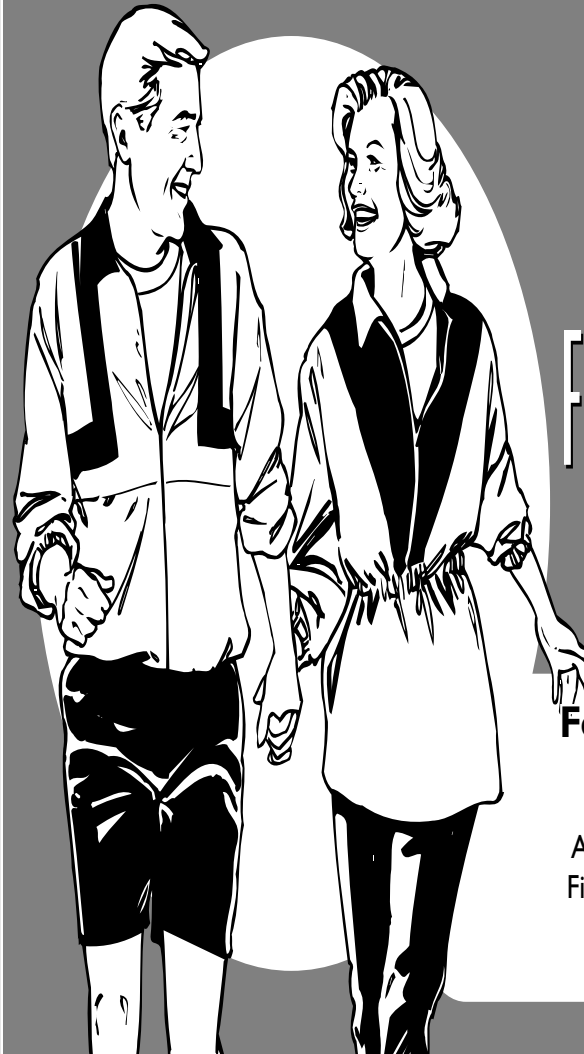
5:30am-6:30am  
 12:15pm-1:00pm  
 6:30pm-7:30pm

***Friday***

5:30am-6:30am  
 10:15am-11:00am  
 5:30pm-6:30pm

***Saturday***

9:00am-10:00am



GET FIT.  
 HAVE FUN.  
 FEEL HEALTHIER.  
 MAKE NEW FRIENDS.

**For all Seniors 55 & Over**

Mondays & Wednesdays

9:30 until 11:00AM

Activities will include walking, toning, Fit-N-Fun Zone, along with field trips, senior games and guest speakers.

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# CHISEL

**Come try this brand new, 30 minute class designed to tone and/or build your muscles, increase your strength and metabolism, and help you look and feel better about yourself!**

Class times: Wednesdays: 10:15am-10:45am  
 Saturdays: 8:00am-8:30am

