

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>CLOSED FOR GYMNASTICS PROGRAM</b>					

<b>SIDE A</b>	5:15am-6:00am Boot Camp	5am-5:45pm Open Gym	5am-9am Open Gym	5am-7:45pm Open Gym	5:15am-6:00am Boot Camp	7am-9am Open Gym
	6am-10:45am Open Gym		9am-10:45am Pickleball		6am-9:15am Open Gym	
	10:45am-11:15am Unique Rhythms		10:45am-11:15am Unique Rhythms		9:15am-9:45am Unique Rhythms	9am-10am Refit
	11:15am-6pm Open Gym	11:15am-6pm Open Gym	9:45am-11am Pickleball		10am-12:45pm Open Gym	
	6pm-7pm Refit	6pm-6:30pm Tabata	6pm-7pm Refit			
	7pm-7:45pm Open Gym	6:45pm-7:45pm Open Gym	7pm-7:45pm Open Gym			11am-6:45pm Open Gym

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:15am-6am Boot Camp - Gym	9:00-9:45am Journey To Wellness Fitness Center	9am-11am Pickleball - Gym	9:00-9:45am Journey To Wellness Fitness Center	5:15am-6am Boot Camp - Gym	9am-10am Refit - Gym
9:00am-9:30am Chair Yoga - MPR		9:00am-9:30am Chair Yoga - MPR		9am-11am Pickleball - Gym	9am-10am Karate - Offsite
9:30am-10:30am Senior Stability - MPR	5pm-6pm Karate (Beginners) - Offsite	9:30am-10:30am Senior Stability - MPR	5pm-6pm Karate - Offsite	9:15am-9:45am Unique Rhythms- Gym	
10:45am-11:15am Unique Rhythms -Gym	6pm-6:30pm Tabata- Gym	10:45am-11:15am Unique Rhythms- Gym	7pm-8pm Yoga - MPR		
6pm-7pm Refit - Gym		6pm-7pm Refit - Gym			
7pm-8pm Yoga - MPR					

**Fitness Classes**

Bootcamp is a high-intensity full body workout that targets the major muscle groups of the upper and lower body

Chair Yoga is a gentle form of yoga that can be done sitting on a chair or standing while using the chair for support. Benefits of chair yoga include. improved flexibility. better concentration. increased strength.

Journey to Wellness teaches the use of fitness equipment, proper lifting techniques, and offers a guided workout regimen

Refit combines several elements of fitness focusing on CardioDance movements, toning, flexibility, strength and stretching

Senior Stability is designed to improve flexibility, mobility, and strength. Emphasis on everyday activities and fall prevention.

Tabata is a high intensity class where short periods of exercise are alternated with shorter periods of rest. Modifications are

Unique Rhythms is a unique drumming class that you can do sitting or standing

Yoga teaches the basic, foundational yoga postures to align, strengthen and promote flexibility in the body