

All Exercise Classes Are \$2

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8-4 Pool Open	8-4 Pool Open	8-4 Pool Open	8-4 Pool Open	8-4 Pool Open
8-11 Busy Fingers Circle	10-11 Body & Brain Fitness	9-10 Gentle Yoga with a Mat	9-9:30 Free BE FIT-Every 3 rd Thursday	10-11 Body & Brain Fitness
8:30-9:30 Gentle Yoga with a Mat	10-11 Aqua Aerobics (Boys & Girls Club)	10-11 Chair Yoga	10-11 Aqua Aerobics (Boys & Girls Club)	11:30-12:30 Meal Site
9:30 Walking Club	11:30-12:30 Meal Site	10 Bridge Club	11:30-12:30 Meal Site	12:45-3 Bingo
9:30-10:30 Chair Yoga	12:30-3 Water Color Art	11:30-12:30 Meal Site	11-12 Boot Camp Gold	
10:30-11:30 Weight Training Gold	1-2 Free Blood Pressure Screening	12-3 Movies & Popcorn	2-4 Ping Pong	
11:30-12:30 Meal Site		1-2 Strength Training		
1-3 Hi, Lo, Jack		1 Cribbage League		
		2-4 Scrabble		