

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Stretch and Strength 10:00 am Free for Members	Yoga with Amy 10:00 am Pay Instructor \$5.00	Stretch and Strength 9:45 am Free for Members	Yoga with Amy 10:00 am Pay Instructor \$5.00	Stretch and Strength 10:00am Free for Members	Zumba with Ray 9:45 am Pay instructor \$10.00	Yoga with Judith 9:45 am Pay Instructor \$5.00
	Adult Ballet 11:15 am Free for Members	Yoga with Amy 11:15am Free for Members	Cardio Chair Exercise 11:15am Free for Members			
	Zumba with Ray 5:45 pm Pay instructor \$10.00					