

Fitness Schedule as of 4/2/2018

Mon	Tue	Wed	Thu	Fri
8:30-9:00 <i>Rise & Stretch Theater</i>	8:30-9:45 <i>Walking for a Healthy Heart Location TBD Weather Permitting</i>	8:30-9:00 <i>Rise & Stretch Theater</i>	8:30-9:45 <i>Walking for a Healthy Heart Location TBD Weather Permitting</i>	8:30-9:00 <i>Rise & Stretch Theater</i>
9:00-9:45 <i>Full Body Strength Theater</i>	10:15-11:00 <i>Wii Bowling 2nd fl. btw 5&6</i>	9:00-9:45 <i>Full Body Strength Theater</i>	10:15- 11:00 <i>*Zumba Theater</i>	9:00-9:45 <i>Full Body Strength Theater</i>
10:15-11:00 <i>Aqua Tone Pool</i>	11:30-12:15 <i>*Zumba Theater</i>	10:15-11:00 <i>Aqua Tone Pool</i>	11:30-12:30 <i>Tai Chi- Bob Klein Theater</i>	10:15-11:00 <i>Aqua Tone Pool</i>
11:30-12:30 <i>Tai Chi- Bob Klein Theater</i>	1:30-2:15 <i>Fall Proof Balance & Mobility Carriage House 1st fl.</i>	11:30-12:00 <i>Strong Body 2nd fl. btw. 5&6</i>	11:30-12:00 <i>*Chair Cardio 2nd fl. Btw. 5 &6</i>	11:30-12:00 <i>Strong Body 2nd fl. btw. 5&6</i>
11:30-12:00 <i>Strong Body 2nd fl. btw. 5&6</i>	2:45-3:15 <i>Chair Yoga Meditation Room 3rd ft. btw 1&2</i>	1:30-2:15 <i>Fall Proof Balance & Mobility Carriage House</i>	1:30-2:15 <i>Fall Proof Balance & Mobility Carriage House</i>	1:30-2:00 <i>Chair Cardio 2nd. Fl. btw 5&6</i>
1:30-2:15 <i>Fall Proof Balance & Mobility Carriage House 1st fl.</i>		2:45-3:15 <i>*Chair Yoga With Weights Carriage House</i>	2:45-3:15 <i>Chair Yoga Meditation Rm. 3rd fl. btw 1&2</i>	<i>Personal Training by appointment.</i>
2:45-3:15 <i>Chair Yoga Meditation Room 3rd ft. btw 1&2</i>				

Gentle
Moderate
Moderate/
Advanced

*NEW
CLASS

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Fitness Instructor
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