

Fitness Over 50 - Class Schedule

Main Gym (Circuit)
 Fitness Studio

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
5 am	Closed						Closed	
6 am							Closed	
7 am							Closed	
8 am							Closed	
9 am							Closed	
9 am :30							Closed	
10 am							Closed	
10 am :30							Closed	
11 am							Closed	
11 am :30							Closed	
12 PM						Closed		
12 PM :30						Closed		
1 PM						Closed		
1 PM :30						Closed		
2 PM						Closed		
2 PM :30						Closed		
3 PM						Closed		
3 PM :30						Closed		
4 PM						Closed		
4 PM :30						Closed		
5 PM						Closed		
5 PM :30						Closed		
6 PM						Closed		
6 PM :30						Closed		
7 PM						Closed		
7 PM						Closed		

(7:30) West Coast Swing * (public class)
 * Some classes are offered at a reasonable additional cost. Try any class for FREE!