

Group Exercise Class Schedule 2022

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:00 AM						
8:30 AM						
9:00 AM						Downtown Market (Class Varies)
9:30 AM						9:00 - 10:00 AM
10:00 AM						Downtown Market (Class Varies)
10:30 AM						10:00 - 11:00 AM
11:00 AM						
11:30 AM						
12:00 PM	Active Aging	Stretch and Flex	Active Aging		Active Aging	
12:30 PM	12:00 - 1:00 PM	12:00 - 1:00 PM	12:00 - 1:00 PM		12:00 - 1:00 PM	
1:00 PM				Stretch and Flex		
1:30 PM				1:00 - 2:00 PM		
2:00 PM	Guided Fitness	Monitored Movement	Guided Fitness	Monitored Movement		
2:30 PM	2:00 - 3:00 PM	2:00 - 3:00 PM	2:00 - 3:00 PM	2:00 - 3:00 PM		
3:00 PM						
3:30 PM	Cancer Survivorship			Cancer Survivorship		
4:00 PM	3:00 - 5:00 PM			3:00 - 5:00 PM		
4:30 PM			Tabata			
5:00 PM			4:30 - 5:30 PM			
5:30 PM						
6:00 PM						

