

Group Exercise Class Schedule Fall 2023 - Effective Sept 5

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:00 AM						
8:30 AM						
9:00 AM						
9:30 AM						
10:00 AM						
10:30 AM						
11:00 AM						
11:30 AM						
12:00 PM	Active Aging		Active Aging		Active Aging	
12:30 PM	12:00 - 1:00 PM		12:00 - 1:00 PM		12:00 - 1:00 PM	
1:00 PM		Guided Fitness		Guided Fitness		
1:30 PM		1:00 - 2:00 PM		1:00 - 2:00 PM		
2:00 PM						
2:30 PM						
3:00 PM						
3:30 PM						
4:00 PM						
4:30 PM						
5:00 PM						
5:30 PM						
6:00 PM						

