

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Total Body Tone 8:15-9:15 AM Aerobic Room	Zumba 8:00-8:45 AM Aerobic Room	Total Body Tone 8:15-9:15 AM Aerobic Room	Zumba 8:00-8:45 AM Aerobic Room	Total Body Tone 8:15-9:15 AM Aerobic Room	Body Blast 7:30-8:20 AM Aerobic Room
Zumba 9:30-10:30 AM Aerobic Room	Yoga 8:50-9:35 AM Aerobic Room	Zumba 9:30-10:30 AM Aerobic Room	Yoga 8:50-9:35 AM Aerobic Room	Zumba 9:30-10:30 AM Aerobic Room	Tang So Do 10:00-12:00 PM Aerobic Room
Walk15 10:30-11:00 AM Aerobic Room	Low Impact Aerobics 9:40-10:10 AM Aerobic Room	Walk15 10:30-11:00 AM Aerobic Room	Low Impact Aerobics 9:40-10:10 AM Aerobic Room		
Body Blast 6:00-6:50 PM Aerobic Room	MSROM 10:15-11:00 AM Aerobic Room	Body Blast 6:00-6:50 PM Aerobic Room	MSROM 10:15-11:00 AM Aerobic Room		
	Pickleball 6:00-8:00 PM Gymnasium		Line Dancing 5:30-7:30 PM Gymnasium		
	Yoga 6:00-6:50 PM Aerobic Room		Yoga 6:00-6:50 PM Aerobic Room		
			Tang So Do 7:00-8:00 PM Aerobic Room		

(Revised May 28, 2020)