

Mornings

9AM-9:50AM: Mon/Wed/Friday - Gentle Yoga with Leslie
Tues/Thurs - Senior Strength with Leslie or Sue

Evenings

6PM-6:50PM: Monday - Pound Fit with Janda
Tuesday - HIIT/Cardio with Michelle
Wednesday - Low Impact Aerobics with Sue
Thursday - HIIT/Cardio with Heather

PLEASE NOTE: class capacity is limited to 12 participants in Gentle Yoga and 10 participants in all other classes.