

GROUP EXERCISE SCHEDULE

<u>Monday</u>	
10:45 am	Sit & Be Fit -weights
5:45 pm	Yoga
<u>Tuesday</u>	
5:45 pm	Absolute Abs
6:15 pm	Tone & Shape
<u>Wednesday</u>	
10:45 am	Senior Sit & Be Fit-balance
<u>Thursday</u>	
5:45 pm	Bodysculpting
<u>Friday</u>	
10:45 am	Senior Sit & Be Fit
<u>Saturday</u>	
9:30 am	Bodysculpting