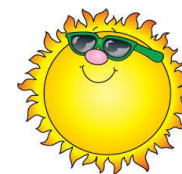




JUNE 2019 FITNESS CLASS SCHEDULE



Subject to Change

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	8:00 – 8:45 AM Weekday Fit (Weights) Loriann White		8:00 – 8:45 AM Weekday Fit (Weights) Loriann White	8:00 – 8:45 AM Lo Impact Cardio Circuit Loriann White	
8:30 – 9:45 AM Strength and Tone Jane Patton	9:00 – 9:45 AM Senior Fit Jane Patton	8:30 – 9:45 AM Strength and Tone Jane Patton	9:00 – 9:45 AM Senior Fit Jane Patton		10:00 – 10:45 Yoga Jan Evrard
10:00 – 10:45 AM Assist Fit Martha Hoepfner		10:00 – 10:45 AM Assist Fit Martha Hoepfner			
	10:30 – 11:15 AM Senior Stretch Tammi Glass		10:30 – 11:15 AM Stretch & Flex Tammi Glass		
	5:00 – 5:45 PM Power Hoops Jane Patton	5:30 – 6:15 PM Yoga Jan Evard	5:30 – 6:15 PM Total Body Tone Tia Vorndran		
6:00 – 6:45 PM Turbo Kick Heidi Sims	6:00 – 6:45 PM Zumba Vanessa Escobar				
		6:30 – 7:15 PM Turbo Kick Susan Dietz			
7:00 – 7:45 PM Pilates Sarah Hellinger <i>No Class 6/24</i>					