

Time: Mon-Fri	Monday	Tuesday	Wednesday	Thursday	Friday	Time: Sat	Saturday	Time: Sun	Sunday
5:30 AM	 ALEXANDRA	5:30 AM ANIESKA 6:00 AM RACHEL T		 LESLIE	 ANIESKA	7:15 AM	 MARIBETH & MAMO		
8:20 AM	 LORA	 MECKMECK	 LORA	 MECKMECK	 LORA/CHRISTIE	8:15 AM	 ROCHELLE		
9:30 AM	 MARIA & WENDY	9:30 AM LESLIE 10:00 AM RACHEL T	 NICOLE	 NADINE	 JENNY	9:25 AM	 RACHEL T & MAMO	<b>Time:</b>	<b>Sunday</b>
10:40 AM	 NICOLE	 MARIA	 WENDY/CHRISTIE	 JENNY	10:40 11:15  LORI	10:00 AM	 Even Dates-RACHAEL M  Odd Dates-DANI	8:15 AM	 45 min Express CINDY & RACHEL T
12:00 PM	12 noon <i>Silver Thrivers Cardio</i> 1pm <i>Silver Thrivers Classic</i> Class Membership not required.	<i>Balance &amp; Strength for Seniors</i> 12pm, 1pm, & 2pm Class Membership not required.	12 noon <i>Silver Thrivers Cardio</i> 1pm <i>Silver Thrivers Classic</i> Class Membership not required.	<i>Balance &amp; Strength for Seniors</i> 12pm, 1pm, & 2pm Class Membership not required.		11:05 AM	 ROTATING	9:10 AM	 JANET&MARIBETH
4:30 PM	 RACHAEL M	 LESLIE	 MECKMECK	 ANIESKA		12:15 PM		10:20 AM	
5:40 PM	 LESLIE	5:40 PM STEPHEN 6:10 PM WENDY	5:40 PM 6:10 PM MARIBETH	 RACHAEL M	 MECKMECK				
6:50 PM	 KODI	 JANET&MARIBETH/ WENDY	 MAMO & MARIBETH	 APRIL					
8:00 PM	YOGA VENA		YOGA JANET	YOGA RALPH					

~Participants please sign at the front desk  
 ~Classes are limited by code, space, or equipment  
 ~All classes are subject to change, cancel, or substitute instructor at any time  
 ~Non-members & guests are welcome for a reasonable charge at the front desk  
 ~We will always strive to bring you the best classes with the best instructors to meet your needs