

| Time: Mon-Fri | Monday  | Tuesday   | Wednesday   | Thursday  | Friday   | Time: Sat   | Saturday                                   | Time: Sun    | Sunday                  |
|---------------|---|---|---|---|--|---|--|--------------|-------------------------|
| 5:30 AM       | BROOKE  | 5:30 AM<br>6:00 AM<br>LESLIE  | MARIBETH  | LESLIE  | BROOKE   | 7:15 AM   | MARIBETH & MAMO                            |              |                         |
| 8:20 AM       | SUE   | MECKMECK  | LORA&RACHAEL  | MECKMECK  | CHRISTIE/LORA&AMY  | 8:15 AM   | ROCHELLE                                   |              |                         |
| 9:30 AM       | SUE   | 9:30 AM<br>SUE<br>10:00 AM<br>CINDY   | CHRISTIE & BROOKE   | NADINE  | CHRISTIE   | 9:25 AM   | RACHEL W                                   | <b>Time:</b> | <b>Sunday</b>           |
| 10:40 AM      | MECKMECK&ROSANNA  | CHRISTIE/BROOKE   | CHRISTIE & JESSIE   | JACKIE  |  | 10:00 AM  | Even Dates - RACHAEL<br>Odd Dates-VICTORIA | 7:30 AM      | LESLIE                  |
| 12:00 PM      | 12 noon<br><i>Silver Thrivers Cardio</i><br>1pm<br><i>Silver Thrivers Classic</i><br>Class Membership not required. | <i>Balance &amp; Strength for Seniors</i><br>12pm & 1pm<br>Class Membership not required. | 12 noon<br><i>Silver Thrivers Cardio</i><br>1pm<br><i>Silver Thrivers Classic</i><br>Class Membership not required. | <i>Balance &amp; Strength for Seniors</i><br>12pm & 1pm<br>Class Membership not required. | 12 noon<br><i>Silver Thrivers Cardio</i><br>Class Membership not required. | 11:05 AM  | AMY&ELISA                                  | 8:15 AM      | 45 min Express<br>CINDY |
| 4:30 PM       | VICTORIA  | LESLIE  | MECKMECK  | SUE   |  | 12:15 PM  |  | 9:10 AM      | JANET&MARIBETH          |
| 5:40 PM       | LESLIE & RACHAEL  | 5:40 PM<br>BETH & STEPHEN<br>6:10 PM<br>WENDY   | 5:40 PM<br>VICTORIA<br>6:10 PM  | VICTORIA&ROCHELLE   | MECKMECK   |   |  |              |                         |
| 6:50 PM       |   | JANET & ELISA /<br>WENDY & AMY  |   | APRIL   |  | <p>~Participants please sign at the front desk<br/>~Classes are limited by code, space, or equipment<br/>~All classes are subject to change, cancel, or substitute instructor at any time<br/>~Non-members &amp; guests are welcome for a reasonable charge at the front desk<br/>~We will always strive to bring you the best classes with the best instructors to meet your needs</p> |  |              |                         |
| 8:00 PM       | YOGA  VENA  |   | YOGA  SAM   |   |  |   |  |              |                         |