

Time: Mon-Fri	Monday	Tuesday	Wednesday	Thursday	Friday	Time: Sat	Saturday	Time: Sun	Sunday
5:30 AM	 ALEXANDRA	5:30 AM 6:00 AM LESLIE	 MAMO	 LESLIE		7:15 AM	 MARIBETH & MAMO		
8:20 AM	 LORA	 MECKMECK	 LORA	 MECKMECK	 CHRISTIE/LORA	8:15 AM	 ROCHELLE		
9:30 AM	 WENDY & BETH	9:30 AM SUE 10:00 AM RACHEL W & CINDY	 CHRISTIE	 NADINE	 CHRISTIE	9:25 AM	 RACHEL W	Time:	Sunday
10:40 AM	 VALERIE	 EMILY	 CHRISTIE/STEPHANIE	 JACKIE	 EMILY	10:00 AM	 Even Dates-RACHAEL M Odd Dates-EMILY	8:15 AM	 45 min Express CINDY
12:00 PM	12 noon <i>Silver Thrivers Cardio</i> 1pm <i>Silver Thrivers Classic</i> Class Membership not required.	<i>Balance & Strength</i> 12pm & 1pm Class Membership not required.	12 noon <i>Silver Thrivers Cardio</i> 1pm <i>Silver Thrivers Classic</i> Class Membership not required.	<i>Balance & Strength</i> for Seniors 12pm & 1pm Class Membership not required.	12 noon <i>Silver Thrivers Cardio</i> Class Membership not required.	11:05 AM	 MOLLY/STEPHANIE	9:10 AM	 JANET&MARIBETH
4:30 PM	 RACHAEL M	 LESLIE	 MECKMECK	 CAITLIN/RACHAEL M		12:15 PM		10:20 AM	
5:40 PM	 LESLIE	5:40 PM BETH & STEPHEN 6:10 PM WENDY	5:40 PM 6:10 PM VICTORIA	 VICTORIA	 MECKMECK				
6:50 PM	 VICTORIA	 JANET & MARIBETH / WENDY	 MAMO & MARIBETH	 APRIL		<p>~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</p>			
8:00 PM	YOGA VENA		YOGA JANET						