

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

~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