

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	 LORA & CAITLIN	 MECKMECK	 LORA & CAITLIN	 MECKMECK	 CHRISTIE/LORA	8:15 AM	 ROCHELLE		
9:30 AM	 WENDY & SUE	7:10 AM SUE 10:00 AM RACHEL W & CINDY	 CHRISTIE	 NADINE	 CHRISTIE	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	7:10 AM	7:10 AM 7:40 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	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	 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