

Time: Mon-Fri	Monday	Tuesday	Wednesday	Thursday	Friday	Time: Sat	Saturday	Time: Sun	Sunday
5:30 AM	ALEXANDRA	5:30 AM LESLIE 6:00 AM RACHEL W	MAMO	LESLIE		7:15 AM	MARIBETH & MAMO		
8:20 AM	LORA	MECKMECK	LORA	MECKMECK	CHRISTIE/LORA	8:15 AM	ROCHELLE		
9:30 AM	MARIA & WENDY	9:30 AM SUE 10:00 AM RACHEL W & CINDY	CHRISTIE	NADINE	CHRISTIE	9:25 AM	RACHEL W	<b>Time:</b>	<b>Sunday</b>
10:40 AM	VALERIE	MARIA	ANIESKA	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 &amp; 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 &amp; 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 VICTORIA 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 &amp; 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						