

North Baldwin Group Exercise Schedule

Classes will start October 1

| | Monday | Tuesday | Wednesday | Thursday | Friday |
|---------------|---------------------------------|----------------------------------|---------------------------------|--------------------------------|--------|
| 8:00am | Senior Strength Bobbie Maud | | Senior Strength Bobbie Maud | | |
| 8:30am | | Silver Sneakers Irma Kern | | Silver Sneakers Irma Kern | |
| 9:15am | Yoga Bobbie Maud | | Pilates Bobbie Maud | | |
| 4:00pm | Silver Sneakers Marcia Haase | | Silver Sneakers Marcia Haase | | |
| 5:15pm | | Step-N-Sculpt Alyson McDonald | | Step-N-Sculpt Sandra Walton | |
| 6:00pm | Bootcamp Corey Cohen | | Bootcamp Corey Cohen | | |