



## Group Exercise Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>8am</b>	<b>Senior Strength</b>		<b>Senior Strength</b>		
<b>8:30am</b>		<b>Silver Sneakers</b>		<b>Silver Sneakers</b>	
<b>9:15am</b>	<b>Yoga</b>		<b>Yoga</b>		
<b>4:00pm</b>	<b>Silver Sneakers</b>		<b>Silver Sneakers</b>		
<b>6:00pm</b>	<b>Bootcamp</b>	<b>Spinning</b>	<b>Bootcamp</b>	<b>Spinning</b>	