







Master Class Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:30-10:30am S.S. Cardio Circuit Beth	9:30-10:30am S.S. Cardio Circuit Jennifer A.	9:30-10:25am Total Body Strength Glenda	9:30-10:30am S.S. Cardio Circuit Beth	9:30-10:30am Light & Low Kathy	
10:30-11:30am S.S. Classic Beth	10:30-11:30am Silver Dance Sherri	10:30-11:30am S.S. Classic Beth	10:30-11:30am Silver Dance Randa	10:30am-11:30am Chair Fit Glenda	10:00-11:00am  ZUMBA Annie/Randa/ Jennifer
11:30-12:15pm  Glenda	11:30am-12:30pm Tai Chi Christine	11:30am-12:15pm Chair Yoga Beth	11:30-12:30 Gentle YOGA Denise		
1:15-2:00pm S.S. Classic Circuit Kathy	5:30pm-6:15pm PiYo Core Glenda	1:15-2:00pm S.S. Classic Circuit Kathy			
6:30-7:30pm  Annie	6:15-7:00pm Total Body Strength Randa	6:30-7:30pm  Annie	6:15-7:00pm Total Body Strength Jennifer J./Jen A.		

NOTE: ZOOM IS NOW AVAILABLE FOR ALL CLASSES!

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