






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 Beth	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
	11:30am-12:30pm Tai Chi Christine	11:30am-12:15pm Stretch, Flex & Balance Jennifer A.	11:30-12:30 Gentle YOGA Denise		
	5:30pm-6:15pm PiYo Core Glenda				
6:30-7:30pm  ZUMBA Annie	6:15-7:00pm Total Body Strength Randa	6:30-7:30pm  ZUMBA Annie	6:15-7:00pm Total Body Strength Jennifer J./Jen A.		

NOTE: ZOOM IS NOW AVAILABLE FOR ALL CLASSES!

PLEASE SEE A FITNESS19 STAFF PERSON FOR THE LINK