

Fitness Programs available this session include:

Cardio Balance and Strength	Fri.
Cardio Beat	Mon.
Cardio Dance	Fri.
Cardio Dance Gentle	Tues.
Cardio, Balance, & Strength (Men's only)	Mon.
Cardio, Balance, Strength	Tues. Wed. Thur.
Chair Fit	Mon. Tues. Wed. Thur.
Chair Yoga	Mon. Tues. Fri.
Core	Thur.
Fitness for Life	Tues.
Full Body Fitness (circuit fitness)	Tues.
Meditation & Stretch	Tues.
Meditation & Stretch Male only	Fri.
Nordic Pole Walking	Wed.
Pilates Level 1	Thur.
Pilates Level 2	Wed.
Stability Strength & Tone	Tues. Thur. Fri.
Stability, Strength, Tone, Ballet	Mon.
Strength & Stretch	Mon. Thur. Fri.
Tai Chi Fundamentals	Wed.
Tai Chi Level 1/2	Tues. Fri.
Tai Chi Level 3	Tues. Fri.
WALKING Cardio, Balance, & Strength	Mon.
Yoga Bone and Brain Health	Tues. Fri.
Yoga Hatha	Wed. Thur. Fri.
Yoga Restorative	Wed.
Yoga Vinyasa- not recommended for beginners	Mon. Wed.