|  |
| --- |
| **WINTER CLASS QUICK SCHEDULE** |
|  **MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY** |
| 5:30-6:15am | LIFT | PICKLEBALL5-615am | LIFT | PICKLEBALL5-615am | STRETCH |
| 9-10am | LIFTPOWER | CYCLE & MOTIONBOOSTER | LIFTPOWER | CYCLE & MOTIONBOOSTER | LIFT |
| 10-11am | ZUMBA 10-1045am | BARRE | ZUMBA 10-1045am | BARRE | ZUMBA 10-1045amPICKLEBALL10-12pm |
| 11-11:45am | TAI CHI11-11:30am | MOVEMENT & MOBILITY | TAI CHI11-11:30am | MOVEMENT & MOBILITY |  |
| 1130-1210pm | WET VEST |  | WET VEST |  |  |
| 12:10-12:50pm | LIFT |  | LIFT |  |  |
| 1-2pm | PICKLEBALL1:30-3:30pm | FIND YOUR STRENGTH | PICKLEBALL1:30-3:30pm | FIND YOUR STRENGTH |  |
| 4-5pm |  |  |  |  |  |
| 5:15-6pm |  | FIGTHING GRAVITY |  | FIGTHING GRAVITY |  |
| 5:30-6:15pm |  |  | 6-640PMFLEXY STRETCH |  |  |
| 6:15-7pm |  | CATHARTIC CARDIO |  | CATHARTIC CARDIO |  |

 **PICKLEBALL SCHEDULE**

|  |
| --- |
| **MONDAY 130-330pm 6-8pm** |
| **TUESDAY 5-615am**  |
| **WEDNESDAY 130-330pm** |
| **THURSDAY 5-615am** |
| **FRIDAY 10-12pm** |