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| **WINTER CLASS QUICK SCHEDULE** | | | | | |
| **MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY** | | | | | |
| 5:30-6:15am | LIFT | PICKLEBALL  5-615am | LIFT | PICKLEBALL  5-615am | STRETCH |
| 9-10am | LIFT  POWER | CYCLE & MOTION  BOOSTER | LIFT  POWER | CYCLE & MOTION  BOOSTER | LIFT |
| 10-11am | ZUMBA  10-1045am | BARRE | ZUMBA  10-1045am | BARRE | ZUMBA  10-1045am  PICKLEBALL  10-12pm |
| 11-11:45am | TAI CHI  11-11:30am | MOVEMENT & MOBILITY | TAI CHI  11-11:30am | MOVEMENT & MOBILITY |  |
| 1130-1210pm | WET VEST |  | WET VEST |  |  |
| 12:10-12:50pm | LIFT |  | LIFT |  |  |
| 1-2pm | PICKLEBALL  1:30-3:30pm | FIND YOUR STRENGTH | PICKLEBALL  1:30-3:30pm | FIND YOUR STRENGTH |  |
| 4-5pm |  |  |  |  |  |
| 5:15-6pm |  | FIGTHING GRAVITY |  | FIGTHING GRAVITY |  |
| 5:30-6:15pm |  |  | 6-640PM  FLEXY STRETCH |  |  |
| 6:15-7pm |  | CATHARTIC CARDIO |  | CATHARTIC CARDIO |  |

**PICKLEBALL SCHEDULE**

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