



WELLNESS CENTER LAND CLASSES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 9am-9:45am Firm Body Mat 10am-10:45am Zumba Chair 11am-11:30am Mind Over Muscle BC	4 9:30am-10:30am Yoga 11:45am-12:30pm Silver Sneakers Classic	5 8am-8:45am – Power Play BC 9am-9:45am Silver Sneakers Enerchi 10:30am-11:15am – Chair Yoga 11:30am-12pm – DrumStix 1pm–2pm – Yoga	6 9:30am-10:30am Yoga 11:45am-12:30pm Silver Sneakers Classic	7 8:45am-9:30am Zumba Gold 10:30am-11:15am Silver Sneakers Classic
10 9am-9:45am Firm Body Mat 10am-10:45am Zumba Chair 11am-11:30am Mind Over Muscle BC	11 9:30am-10:30am Yoga 11:45am-12:30pm Silver Sneakers Classic	12 8am-8:45am – Power Play BC 9am-9:45am Silver Sneakers Enerchi 10:30am-11:15am – Chair Yoga 11:30am-12pm – DrumStix 1pm–2pm – Yoga	13 9:30am-10:30am Yoga 11:45am-12:30pm Silver Sneakers Classic	14 8:45am-9:30am Zumba Gold 10:30am-11:15am Silver Sneakers Classic
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