

 **\*Registration is required to participate in all classes. Call to register for classes.**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**MONDAY**

**FRIDAY**

**\*2:30 to 4:00 pm**

**Cardiac Wellness Class**

**Registration Required**

**\*2:30 to 4:00 pm**

**Cardiac Wellness Class**

**Registration Required**

**\*11:00 to 11:50 am**

**Chair Yoga**

**Punch Card Only**

**Registration Required**

**4:30 to 5 pm**

**HIIT**

**\*5:00 to 5:50 pm**

**Yoga**

**Punch Card Only**

**\*11:00 to 11:50 am**

**Chair Yoga**

**Punch Card Only**

**Registration Required**

**4:30 to 5:00 pm**

**HIIT**

**\*2:30 to 4:00 pm**

**Cardiac Wellness Class**

**Registration Required**