

YOLDER ADULTS™

We build strong kids, strong families, strong communities.

Group Exercise Classes

Monday			Tuesday			Wednesday		
Time	Class	Instructor/ Studio	Time	Class	Instructor/ Studio	Time	Class	Instructor/ Studio
8:15am	Cardio Circuit ® Aileen	studio 2	8:15am	Muscular Strength ® Brenda	studio 2	8:15am	Muscular Strength ® Aileen	studio 2
9:15am	Muscular Strength ® Theresa L.	studio 2	9:15am	Yoga Stretch ® Shelly	studio 2	9:15am	Beginner Stability Ball Class Aften	studio 2
11:00am	Zumba Gold ® Tracey	studio 2	1:00pm	Muscular Strength ® Brenda	studio 1	11:00am	Zumba Gold ® Tara	studio 2
12:00pm	Tai Chi Norma	studio 2						

Thursday			Friday		
Time	Class	Instructor/ Studio	Time	Class	Instructor/ Studio
8:15am	Cardio Circuit ® Aileen	studio 2	8:15am	Cardio Circuit ® Theresa A.	studio 2
9:15am	Muscular Strength ® Brenda	studio 2	9:15am	Muscular Strength ® Theresa A.	studio 2
1:00pm	Muscular Strength ® Brenda	studio 1	10:15am	Yoga Stretch ® Theresa A.	studio 2
			11:00am	Zumba Gold® Tara	studio 2

