

MONDAY

AM	6:00 – 7:00	CARDIO SCUPLT	WILL SAUNDERS
	7:30 – 8:40	MORNING YOGA	AMANDA TENNESSAN
	8:00 - 9:00	SURF & TURF	JOY SHRIVER
	9:00 – 10:00	TAI CHI (advanced)	GAYLE HOLLIMAN
	10:30 – 11:30	SHINE DANCE FITNESS	AMBER FRALEY
PM	4:15 – 5:15	YOGA	TERRI SWINDLE
	5:45 – 6:45	SHINE DANCE FITNESS	AMY SUMMERS

TUESDAY

AM	6:00 – 7:00	CARDIO SCUPT	MICHAEL SCOTT
	7:30 – 8:40	MORNING YOGA	AMANDA TENNESSEN
	8:00 - 9:00	SURF & TURF	LYNN STEWART
	9:00 – 9:45	PILATES	SANDI CARTER
	10:00 – 11:00	TONING –N-TIGHTENING	SANDI CARTER
PM	11:15 – 12:15	SILVERS SNEAKERS® CLASSIC	SANDI CARTER
	4:30 – 5:15	PILATES	SANDI CARTER
	5:30 – 6:30	BODY SCULPTING	SANDI CARTER

WEDNESDAY

AM	6:00 – 7:00	CARDIO SCULPT	WILL SAUNDERS
	7:30 – 8:40	MORNING YOGA	AMANDA TENNESSEN
	8:00 - 9:00	SURF & TURF	JOY SHRIVER
	9:00 – 10:00	TAI CHI (advanced)	GAYLE HOLLIMAN
	10:15 – 11:30	SILVER SNEAKERS® YOGA	PAM STRONG
PM	4:15 – 5:15	YOGA	TERRI SWINDLE
	5:30 – 6:15	HITT	WILL SAUNDERS

THURSDAY

AM	6:00 – 7:00	CARDIO SCULPT	MICHAEL SCOTT
	7:30 – 8:40	MORNING YOGA	AMANDA TENNESEAN
	8:00 - 9:00	SURF & TURF	LYNN STEWART
	9:00 – 9:45	PILATES	SANDI CARTER
	10:00-11:00	TONING N-TIGHTENING	SANDI CARTER
PM	11:15-12:15	SILVERSNEAKERS® CLASSIC	SANDI CARTER
	4:30 – 5:15	PILATES	SANDI CARTER
	5:30 – 6:30	BODY SCULPTING	SANDI CARTER

FRIDAY

AM	6:00 – 7:00	CARDIO/SPIN	WILL SAUNDERS (limited class size)
	8:00 - 9:00	SURF & TURF	JOY SHRIVER
	9:00 – 10:00	TAI CHI (beginners)	GAYLE HOLLIMAN

SATURDAY

AM	9:00 – 10:00	TAI CHI	GAYLE HOLLIMAN
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