



**FITNESS CENTER
EXERCISE CLASS SCHEDULE**

January - April 15th

MONDAY-WEDNESDAY - FRIDAY

"YOGA" 7:30AM

WOMEN'S "BODYSCULPTING" 8:30 AM, 9:30 AM, 10:45AM

"WATER AEROBICS" 10:30AM

TUESDAY-THURSDAY- SATURDAY

MEN'S

"FITNESS" 7:30 AM, 8:30 AM, 9:30AM

"POWERLIFTING" 10:30AM

"YOGA" 10:30AM

Class sizes are limited - Please sign in for the class you would like.

FITNESS CENTER HOURS

7:00AM - 5:00PM MONDAY

7:00AM - 8:00PM TUES.-SUN.

