

**FITNESS CENTER  
EXERCISE CLASS SCHEDULE  
JANUARY - APRIL**

**MONDAY - WEDNESDAY - FRIDAY**

**"YOGA" 7:30AM**

**WOMEN'S "BODYSCULPTING" 8:30 AM -9:30 AM & 10:30AM**

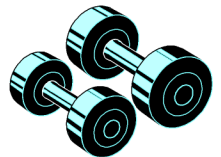
**"WATER AEROBICS" 10:30AM**

**TUESDAY - THURSDAY - SATURDAY**

**MEN'S "FITNESS" 7:30AM - 8:30AM & 9:30AM**

**\*\*"POWER BENCH" 10:30AM\*\***

**"YOGA" 10:30 AM**



**\*\*ATTENDANCE TO ONE OF THE EARLIER CLASSES IS REQUIRED AS A WARM UP FOR "POWER BENCH"\*\***

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