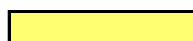


Fitness Over 50 - Class Schedule



Main Gym (Circuit)



Fitness Studio

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
5 am	Closed						Closed	
6 am							Closed	
7 am			Circuit Training	Circuit Training	Senior Men's Yoga *	Circuit Training	Circuit Training	Circuit Training
8 am			Circuit Training	Circuit Training	Circuit Training	Circuit Training	Circuit Training	Circuit Training
9 am			LBCC - Better Bones & Balance *		LBCC - Better Bones & Balance *	Zumba *	Zumba *	
10 am			Middle Management	Zumba *	Middle Management	Relax and Recharge (Meditation)	Middle Management	
:30			LBCC - Better Bones & Balance *		LBCC - Better Bones & Balance *	* (public class)		
11 am			Circuit Training		Circuit Training		Circuit Training	
:30				Total Stretch			Total Stretch	
12 PM			Better Balance	"Fun"damental Strength	Recess for Adults - Agility and Mobility Ex.	Better Balance	"Fun"damental Strength	
:30		Middle Management	Middle Management		Middle Management	Middle Management		
1 PM		Continuing Yoga *		Beginning/Continuing Yoga *	Movement with Parkinson's (chair-based) *	Intro/Beginning Yoga *		
:30								
2 PM					Movement with Parkinson's *		Closed	
3 PM								
4 PM								
:30			NIA *		NIA *			
5 PM	Relax and Recharge (Meditation) * (public class)							
:30		Men's Yoga * (public class)		Tai Chi for Arthritis *				
6 PM			Aikido * (public class)		Tai Chi * (public class)	Aikido * (public class)		
:30								
7 PM		FOF Gym Closes at 7pm Every Weeknight		Closed				

* Some classes are offered at a reasonable additional cost. Try any class for FREE!