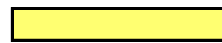


Fitness Over 50 - Class Schedule



Main Gym (Circuit)



Fitness Studio

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
5 am	Closed						Closed	
6 am								
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 *				
10 am		Middle Management	Zumba *	Middle Management	Relax and Recharge (Meditation) * (public class)	Middle Management		
:30		LBCC - Better Bones & Balance *		LBCC - Better Bones & Balance *				
11 am		Circuit Training	LBCC - Better Bones & Balance *	Circuit Training	LBCC - Better Bones & Balance *	Circuit Training		
:30						Total Stretch		
12 PM		Better Balance	"Fun"damental Strength		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 *			
3 PM								
4 PM			NIA *		NIA *			
:30								
5 PM	Relax and Recharge (Meditation) * (public class)	Men's Yoga * (public class)		Tai Chi for Arthritis *	Zumba *			
:30								
6 PM	Closed		Aikido *(public class)		Tai Chi * (public class)	Aikido * (public class)	Closed	
: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!