

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 :30			Circuit Training	Circuit Training	Circuit Training	Circuit Training	Circuit Training	Circuit Training
9 am :30			LBCC - Better Bones & Balance *	LBCC - Better Bones & Balance *	LBCC - Better Bones & Balance *	LBCC - Better Bones & Balance *		
10 am :30			Middle Management	Zumba *	Middle Management		Middle Management	
11 am :30			LBCC - Better Bones & Balance *		LBCC - Better Bones & Balance *			
11 am :30			Circuit Training		Circuit Training		Circuit Training	
12 PM :30			Better Balance	"Fun"damental Strength		Better Balance	"Fun"damental Strength	
1 PM :30			Middle Management	Middle Management		Middle Management	Middle Management	
1 PM :30		Continuing Yoga *		Beginning/Continuing Yoga *	Movement with Parkinson's (chair-based) *	Intro/Beginning Yoga *		
2 PM					Movement with Parkinson's *			
3 PM								
4 PM :30			NIA *		NIA *			
5 PM :30				Tai Chi for Arthritis *	Zumba *			
6 PM :30		Men's Yoga * (public class)	Aikido *(public class)					
7 PM	Closed	FOF Gym Closes at 7pm Every Weeknight		Closed		Aikido * (public class)	Closed	

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