

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

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