

FITNESS					
DAY	CODE	CLASS TITLE	INSTRUCTOR	START TIME	COST
Monday	550130	Hula	Merline	9:00 AM	\$4
M, W & F	550301	Walk with Ease	Jennifer	9:45 AM	Free *
Monday	550171	Tap Dance	Anita	10:00 AM	\$4
Monday	550212	Chair Jam	Sharon	10:00 AM	\$5
M, W & F	550201	Strong & Flexible	Jennifer	11:00 AM	\$6
Monday	550202	Fitness Drumming	Sharon	12:00 PM	\$20/4 weeks
Monday	5080	Fitness Drumming	Sharon	12:00 PM	\$8 Drop in
M & W	550195	Tai Chi Inter	Barb	1:30 PM	Free *
M & W	550172	Tai Chi Beginner	Barb	2:30 PM	Free *
M & W	550172	Tai Chi Beginner	Barb	3:30 PM	Free*
Monday	550205	Fitness Drumming	Julie	5:30 PM	\$20/4 weeks
Monday	5081	Fitness Drumming	Julie	5:30 PM	\$8 Drop in
Monday	550125	Line Dance	Leigh	6:45 PM	\$8
Tuesday	550133	Tap Dance	Carol	8:30 AM	\$5
Tue & Thur	550131	Yin Yoga	Sheryll	9:30 AM	\$6
Tue & Thur	550122	Arthritis Foundation	Jennifer	10:00 AM	Free *
Tuesday	550221	Step Aerobics	Jennifer	10:30 AM	\$5
Tues & Thur	550122	Arthritis Foundation	Jennifer	11:00 AM	Free *
Tuesday	550132	Chair Yoga	Sheryll	11:00 AM	\$6
Tuesday	550302	Fitness Drumming	Julie	12:00 PM	\$20/4 weeks
Tuesday	5081	Fitness Drumming	Julie	12:00 PM	\$8 Drop in
Wednesday	550207	Fitness Drumming	Julie	9:00 AM	\$20/4 weeks
Wednesday	5081	Fitness Drumming	Julie	9:00 AM	\$8
M,W & F	550301	Walk with Ease	Jennifer	9:45 AM	Free *
M, W & F	550201	Strong & Flexible	Jennifer	11:00 AM	\$6
M & W	550195	Tai Chi Inter	Barb	1:30 PM	Free *
M & W	550172	Tai Chi Beginner	Barb	2:30 PM	Free *
M & W	550172	Tai Chi Beginner	Barb	3:30 PM	Free *
Wednesday	550145	Zumba	Liza	6:30 PM	\$6
Tues & Thurs	550131	Yin Yoga	Sherill	9:30 AM	\$6
Tues & Thurs	550122	Arthritis Foundation	Jennifer	10:00 AM	Free *
Tues & Thurs	550122	Arthritis Foundation	Jennifer	11:00 AM	Free *
Thursday	550197	Fitness Drumming	Sharon	11:00 AM	\$20/4 weeks
Thursday	5080	Fitness Drumming	Sharon	11:00 AM	\$8 Drop in
Thursday	550145	Zumba	Liza	6:30 PM	\$6
M, W & F	550301	Walk with Ease	Jennifer	9:45 AM	Free *
Friday	550212	Chair Jam	Sharon	10:00 AM	\$5
M, W & F	550201	Strong & Flexible	Jennifer	11:00 AM	\$6
Friday	550203	Fitness Drumming	Sharon	12:00 PM	\$20/4 weeks
Friday	5080	Fitness Drumming	Sharon	12:00 PM	\$8

*Pre-Registration Required