

FAMILY LIFE CENTER

SEPTEMBER

MON	TUES	WED	THURS	FRI
8:00 AM KICKBOXING ANGELA	9:00 AM TABATA ANGELA	8:00 AM WED. WARRIORS	9:00 AM STEP/BANDS SUE	8:00 AM STEP ANGELA
9:00 AM BODY PUMP ANGELA	2:30-4:30 PM OPEN PICKLEBALL		2:30-4:30 PM OPEN PICKLEBALL	9:00 AM CIRCUITS ANGELA
9:00 AM SILVER SNEAKERS	7:00 PM GENTLE YOGA SHEA	9:00 AM SILVER SNEAKERS	5:30 PM MOVE IT & LIFT IT SUE	9:00 AM SILVER SNEAKERS
10:00 AM SILVER & FIT				10:00 AM SILVER & FIT
2:30-4:30 PM OPEN PICKLEBALL				
5:45 PM CURLS, CRUNCHES AND MORE SUE				

Gym Hours: Monday, Tuesday, Thursday, 6:00 a.m. to 8:00 p.m., Wednesday & Friday 6:00 a.m. to 1:00 p.m