

FAMILY LIFE CENTER

MON	TUES	WED	THURS	FRI
8:00 AM KICKBOXING ANGELA – RM 223	9:00 AM TIMED INTERVALS ANGELA – RM 223	8:00 AM WED. WARRIORS	9:00 AM STEP/BANDS SUE	8:00 AM STEP ANGELA
9:00 AM HEAVY EMOM ANGELA – RM 223	2:30-4:30 PM OPEN PICKLEBALL		2:30-4:30 PM OPEN PICKLEBALL	9:00 AM CIRCUITS ANGELA – RM 223
9:00 AM SENIOR FITNESS CARDIO/STRENGTH ERIN – ROOM 222	7:00 PM GENTLE YOGA SHEA ROOM 223	9:00 AM SENIOR FITNESS CARDIO/STRENGTH DENISE – RM 222	5:30 P.M. MOVE IT & LIFT IT SUE – ROOM 223	9:00 A.M. SENIOR FITNESS CARDIO/STRENGTH DENISE – ROOM 222
10:00 AM SENIOR FITNESS STRENGTH/BALANCE ERIN – ROOM 222		10:00 AM SENIOR FITNESS STRENGTH/BALANCE DENISE – RM 222		10:00 AM SENIOR FITNESS STRENGTH/BALANCE DENISE – ROOM 222
2:30-4:00 PM* OPEN PICKLEBALL				
5:30 P.M. CURLS, CRUNCHES AND MORE SUE – ROOM 223				
6:45 P.M. SLOW FLOW VINYASA YOGA BRITTANY – ROOM 223				

