

YOU WANT EXERCISE? WE HAVE IT!

AEROBICS:

Mondays & Wednesdays, 11:00am to 12:00pm – in the Ballroom (\$2 per class)

KEEP IT MOVIN' AFTERNOON AEROBICS

Mondays – 1:00pm to 2:00pm –in the Ballroom (\$3.00 per class)

Wednesdays – Noon to 1:00pm in Lounge (\$3.00 per class)

Fridays – Noon to 1:00pm – in Hall 1 (\$3 per class)

BRAIN AEROBICS

Tuesdays, 9:00am to 10:00am—in the Multipurpose Room (\$3 per class)

HEALTHY BACK CLASS:

Mondays & Wednesdays, 12:00pm to 12:30pm - in the Ballroom (FREE)

PILATES:

Mondays, 9:00am to 10:00am – in Hall 1 (\$4 per class)

STRENGTHENING EXERCISES

Thursdays, 9:00am to 10:00am - in Hall 1 (\$3 per class)

TAI CHI CHUAN

Mondays, Wednesdays & Fridays, 9:00am to 10:00am - in the Ballroom (FREE)

TAIJI SWORD CHUAN

Wednesdays *Only*, 9:50am to 10:50am - in the Ballroom (FREE)

RESTORATIVE TAI CHI

Wednesdays *Only*, 1:00pm to 1:40pm - in the Ballroom (FREE)

YOGA:

Mondays, 9:30am to 10:45am – in the Lounge (FREE)

Wednesdays, 9:30am to 11:00am - in the Lounge (FREE)

Thursdays, 10:30am to 11:30am – in Hall 1 (FREE)

Fridays, 11:00am to 12:15pm – *For Beginners* – in the Lounge (\$5.00)

Fridays, 1:30pm to 3:00pm – in the Lounge (FREE)

ZUMBA for Mature Adults:

Fridays, 10:30am to 11:30am – in the Ballroom (\$3.00 per class)

