



# FITNESS CLASS SCHEDULE

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
AM	<b>SilverSneakers</b> <b>BOOM Move</b> <b>9:30 – 10:15</b> Sarah		<b>SilverSneakers</b> <b>Classic</b> <b>9:30 – 10:15</b> Sarah		<b>SilverSneakers</b> <b>Chair Yoga</b> <b>9:30 – 10:15</b> Sarah		
PM		<b>Step/Intervals/</b> <b>Sculpt</b> <b>5:15 – 6:10</b> Sarah		<b>Barre Above/</b> <b>Circuit Training</b> <b>5:15 – 6:10</b> Sarah			
		<b>Restorative Yoga</b> <b>6:15 – 7:10</b> Sarah		<b>Gentle Yoga</b> <b>6:15 – 7:10</b> Sarah			

Beckley 304.255.2376 • Schedule is subject to change