

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:00-9:15 a WOW Women on Weights	5:00-8:00 a WOW Women on Weights	5:00-9:15 a WOW Women on Weights	5:00-8:00 a WOW Women on Weights	5:00-9:15 a WOW Women on Weights	
9:15-10:15a AOA Active Older Adults	8:00-9:15 a READY 2 BE FIT	9:15-10:15a AOA Active Older Adults	8:00-9:15 a READY 2 BE FIT	9:15-11:00 a AOA Active Older Adults	6:00-8:30 a AOA Active Older Adults
10:15-11:15a CIRCUIT CLASS Total Body + Core	9:15-11:00a AOA Active Older Adults	10:15-11:15a CIRCUIT CLASS Total Body + Balance	9:15-11:00a AOA Active Older Adults		8:30-10:00 a FAMILY TIME Children 7 & up w/direct adult supervision
11:15-1:00 p WOW Women on Weights	11:15-12:15 p CIRCUIT CLASS BUN/THIGH/ ABS	12:15-1:00 p CIRCUIT CLASS Total Body + Heavy Cardio	11:15-12:15 p WOW Women on Weights	11:15-2:00 p WOW Women on Weights	10:00-11:30 a WOW Women on Weights
1:00-4:00 p FAMILY TIME Children 7 & up w/direct adult supervision	1:00-4:00 p FAMILY TIME Children 7 & up w/direct adult supervision	1:00-4:00 p FAMILY TIME Children 7 & up w/direct adult supervision	1:00-4:00 p FAMILY TIME Children 7 & up w/direct adult supervision	1:00-4:00 p FAMILY TIME Children 7 & up w/direct adult supervision	11:15-12:00 p CIRCUIT CLASS Total Body + CORE
4:30-5:30p READY 2 BE FIT		4:00-6:30p READY 2 BE FIT			12:00-3:00 p READY 2 BE FIT
5:30-6:15p CIRCUIT CLASS Total Body + Heavy Cardio	5:30-6:15p CIRCUIT CLASS Total Body+ Core	6:30-7:30 p RESERVED for Private Class	5:30-6:15p CIRCUIT CLASS BUN/THIGH/ABS	5:30-8:30p FAMILY TIME Children 7 & up w/direct adult supervision	3:00-7:00 p WOW Women on Weights
6:30-10:00p WOW Women on Weights	6:30-8:30p/ *8:30-10 Ready 2 Be Fit	7:30-10:00p WOW Women on Weights	6:30-10:00p READY 2 BE FIT	8:30-10:00p WOW Women on Weights	
*PICK UP A NUMBER AT MEMBERSHIP FOR CLASSES		*DURING CIRCUIT CLASSES-CENTER IS 'CLOSED' FOR GENERAL USE.			
					SUNDAY
					10:00-12:00p WOW Women on Weights



