

# Healthy Start Room

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
6:00 - 8:00 OPEN NO ATTENDANT	6:00 - 8:00 OPEN NO ATTENDANT	6:00 - 8:00 OPEN NO ATTENDANT	6:00 - 8:00 OPEN NO ATTENDANT	6:00 - 8:00 OPEN NO ATTENDANT	7:00 - 8:00 OPEN NO ATTENDANT	
8:00 - 9:00 SENIORS ONLY NO ATTENDANT	8:00 - 9:00 SENIORS ONLY NO ATTENDANT	8:00 - 9:00 SENIORS ONLY NO ATTENDANT	8:00 - 9:00 SENIORS ONLY NO ATTENDANT	8:00 - 9:00 SENIORS ONLY NO ATTENDANT	8:00 - 9:00 SENIORS ONLY NO ATTENDANT	
9:00 - 10:00 WOMEN ONLY NO ATTENDANT	9:00 - 10:00 WOMEN ONLY NO ATTENDANT	9:00 - 10:00 WOMEN ONLY NO ATTENDANT	9:00 - 10:00 WOMEN ONLY NO ATTENDANT	9:00 - 10:00 WOMEN ONLY NO ATTENDANT	9:00 - 10:00 WOMEN ONLY NO ATTENDANT	
10:00 - 12:00 OPEN NO ATTENDANT	10:00 - 11:15 am OPEN NO ATTENDANT	10:00 - 12:00 OPEN NO ATTENDANT	10:00 - 11:15 am OPEN NO ATTENDANT	10:00 - 12:00 OPEN NO ATTENDANT	10:30 - 11:30 CIRCUIT CLASS Kristen	
	11:15 - 12:00 CIRCUIT CLASS Madalene		11:15 - 12:00 CIRCUIT CLASS Madalene		<i>Children under the age of 13 must be supervised by parent or guardian. Ages 6 and up.</i>	
<b>Room Open (No Attendant)</b>						
4:00 - 5:00PM CIRCUIT CLASS Jason	4:00 - 5:00PM CIRCUIT CLASS Geraine	4:00 - 5:00PM CIRCUIT CLASS Terry	4:00 - 5:00PM CIRCUIT CLASS Geraine	4:00 - 5:00PM CIRCUIT CLASS Terry		4:00 - 6:00 PM FAMILY WORKOUT
5:00 - 9:30 PM FAMILY WORKOUT Ask for ATTENDANT	5:00 - 9:30 PM FAMILY WORKOUT Ask for ATTENDANT	5:00 - 9:30 PM FAMILY WORKOUT Ask for ATTENDANT	5:00 - 9:30 PM FAMILY WORKOUT Ask for ATTENDANT	5:00 - 8:00 PM FAMILY WORKOUT Ask for ATTENDANT	NO ATTENDANT	

<b>SUNDAY</b>	9:00 - 4:00 FAMILY WORKOUT NO ATTENDANT	<i>Children under the age of 13 must be supervised by parent or guardian. Ages 6 and up.</i>

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