



## Adult Fitness Schedule

MON	TUES	WED	THURS	FRI	SAT	SUN
<b>Free-Weight Strength</b> 6-6:45am Grace Room // Mike	<b>Boxing</b> 6-6:45am Gym // Mike	<b>Body Boot Camp</b> 6:00-6:45am Gym // Mike	<b>TRX Suspension</b> 6:00-6:45am Grace Room // Mike			<b>All Levels Yoga</b> 9-10am Hicks Room // Chris
<b>Free-Weight Strength</b> 7-7:45am Grace Room // Mike	<b>Boxing</b> 7-7:45am Gym // Mike	<b>Body Boot Camp</b> 7:00-7:45am Gym // Mike	<b>TRX Suspension</b> 7:00-7:45am Grace Room // Mike			
<b>Free-Weight Strength</b> 8-8:45am Grace Room // Mike	<b>Boxing</b> 8-8:45am Gym // Mike	<b>Body Boot Camp</b> 8:00-8:45am Gym // Mike	<b>TRX Suspension</b> 8:00-8:45am Grace Room // Mike			
<b>All Levels Yoga</b> 5-6pm Hicks Room // Ali	<b>All Levels Yoga</b> 6-7pm Hicks Room // Chris	<b>All Levels Yoga</b> 6-7pm Hicks Room // Rachel	<b>TRX Suspension</b> 5:30-6:15pm Grace Room // Mike			
<b>Free-Weight Strength</b> 5:30-6:15pm Grace Room // Mike	<b>Boxing</b> 5:30-6:15pm Gym // Mike	<b>Body Bootcamp</b> 5:30-6:15pm Gym // Mike				

## Older Adult (50+) Fitness Schedule

MON	TUES	WED	THURS	FRI	SAT	SUN
<b>Free Blood Pressure / Glucose Testing</b> 11am-12pm Ironworks Building	<b>Gentle Exercise</b> 11am-12pm Virtual // Rachel	<b>Easy Yoga Plus</b> 10-11am Virtual // Ellen	<b>Dance Fitness</b> 1-1:45pm Hicks Room // Heather	<b>Easy Yoga Plus</b> 10-11am Virtual // Ellen		
	<b>Mindfulness Meditation</b> 11:00am-12:00pm Grace Room // Laiman			<b>Tai Chi</b> 1-2pm Gym // Rachel		
				<b>Line Dancing</b> 2-3:30pm Grace Room // Pam		

**FITNESS CENTER HOURS**  
**Mon - Thurs** 5am - 9pm  
**Fri** 5am - 8pm  
**Sat - Sun** 8am - 6pm

*Activities highlighted in yellow are not included in our Fitness Center memberships and may require a drop-in class fee.*