

Get Healthy/Stay Healthy in 2019

With the



Monday & Wednesday

10:30-11:15am Young at Heart

11:30-12:15 Senior Fit

6:00-6:40pm Walk 'n' Rock

6:45-7:30 H.I.I.T

Tuesday

11:30-12:15 Senior Fit

Thursday

10:30-11:15am Young at Heart

**Monday and Wednesday night class will end May 8th!*

