



	Monday	Tuesday	Wednesday	Thursday	Friday	
	30 31		2	3	4	
	8:30 am (POA) HIIT	8:40 am (POA)	8:40 am (POA)	\mathbf{g}_{1} (\mathbf{a}_{2} \mathbf{m}_{1} (\mathbf{D}_{1} \mathbf{A}_{2})	8:40 am (POA)	
		Strength training		8:40 am (POA)	Aerobics w/ weights	
	9:30 am HIIT	9:30 am <mark>NO</mark> Strength	Aerobics	Balance Stations		
	11:00am Advanced	training	A 11		9:30 am Aerobics w/	
	Balance	10:30 am Seated Chair	9:30 am Aerobics	9:30 am Strength	weights	OPEN GYM
OPEN GYM		Yoga		Training		
	1:15 pm Seated	1:15 pm Seated		_	11:00 am Beginner	
	Strength	Aerobics	1:15 pm Seated	1:15 pm Seated	Balance	
		1:45 pm Dog Therapy	Flexibility	Aerobics		
	3:00 pm Walking Club	3:00 pm Cardio Heart		HAPPY COW FARM	1:15 pm Seated	
		Health (machines)	2:15 pm GAPS (seated)	TOUR SIGN UPS CLOSE	Strength	
		· · · · · · · · · · · · · · · · · · ·		TODAY!	, ,	
	6	7 8	9	10	11	
	8:40 am (POA) HIIT	8:40 am (POA)	8:40 am (POA)	8:40 am (POA)	8:40 am (POA)	
		Strength training	Aerobics	Balance Stations	Aerobics w/ weights	
	9:30 am HIIT	9:30 am Strength				
		training	9:30 am Aerobics	9:30 am Strength	9:30 am Balance	
	11:00am Advanced			Training	Stations	OPEN GYM
	Balance	10:30 am Seated Chair				
OPEN GYM		Yoga	1:15 pm Seated	1:00 pm HAPPY COW	11:00 am Beginner	
	1:15 pm Seated	1:15 pm Seated	Flexibility	FARM TOUR	Balance	
	Strength	Aerobics		1:15 pm NO Seated	Dalance	
	Juengui	3:00 pm Cardio Heart	2:15 pm GAPS (seated)	Aerobics	1.1 c nm Seated	
		Health (machines)			1:15 pm Seated Strength	
					Juciyui	
1	13 14	15	16	17	18	
	8:40 am (POA) HIIT	8:40 am (POA)	8:40 am (POA)	8:40 am (POA)	NO CLASSES!	
		Strength training	Aerobics	Balance Stations		
	9:30 am HIIT	9:30 am NO Strength				
		training	9:30 am Aerobics			
	11:00am Advanced	10:30 am Seated Chair		9:30 am Strength		OPEN GYM
OPEN GYM	Balance	Yoga	1:15 pm Seated	Training		
		1:15 pm Seated	Flexibility			
	1:15 pm Seated	Aerobics	,			
	Strength		2:15 pm GAPS (seated)	1:15 pm Seated		
	<u> </u>	3:00 pm Cardio Heart		Aerobics	GOOD	
		Health (machines)			FRIDAY	
	20 21 8.(o om (POA) HIIT			24 8.(0.2m (POA)		
	8:40 am (POA) HIIT	8:40 am (POA)	8:40 am (POA)	8:40 am (POA)	8:40 am (POA)	
		Strength training	Aerobics	Balance Stations	Aerobics w/ weights	
	9:30 am HIIT	9:30 am Strength		9:30 am Strength	A arabiant	
		training	9:30 am Aerobics	Training	9:30 am Aerobics w/	
OPEN GYM	11:00am Advanced		Dense bil	1:15 pm Seated	weights	OPEN GYM
	Balance	10:30 am Seated Chair	10:30 am Bone Health	Aerobics		
		Yoga	Educational talk.		11:00 am Beginner	
	1:15 pm Seated	1:15 pm Seated	1:15 pm Seated	3:30 pm GAPS support	Balance	
	Strength	Aerobics	Flexibility	group	1:15 pm Seated	
		3:oo pm Cardio Heart	2:15 pm GAPS	3:30 pm LINE	Strength	
		Health (machines)		DANCING STARTS		
	27 28	3 29	30	1	2	
	8:40 am (POA) HIIT	8:40 am (POA)	8:40 am (POA)	8:40 am (POA)	8:40 am (POA)	
		Strength training	Aerobics	Balance Stations	Aerobics w/ weights	
	9:30 am HIIT	9:30 am NO Strength				
		training	9:30 am Aerobics	9:30 am Strength	9:30 am Balance	OPEN GYM
OPEN GYM	11:00am Advanced	10:30 am Seated Chair		Training	Stations	
	Balance	Yoga	1:15 pm Seated	i i anning		
	Dalance	1:15 pm Seated	Flexibility	1:15 pm Seated	11:00 am Beginner	
	1.1 c nm Contod	Aerobics	I ICAIDIILY	Aerobics	Balance	
	1:15 pm Seated	ACIUDIUS	2:15 pm GAPS (seated)	ACIUDIUS	1:15 pm Seated	
	Ctronoth				LIT DIN JEALEN	
	Strength	2100 pm Cardia Usant				
	Strength	3:oo pm Cardio Heart Health (machines)		3:30 pm LINE DANCING STARTS	Strength	