

Monday	Tuesday	Wednesday	Thursday	Friday
All fitness levels are welcome. Modifications can be given for all classes.	Mix It Up 9:00-10:00am		Mix It Up 9:00-10:00am	Move Strong, Move Fit-for Seniors 9:15-10:15am
	FAB Ladies Only 10:10-11:10am		FAB Ladies Only 10:10-11:10am	
Interval Insanity 6:30-7:30pm		Mix it Up 6:30-7:30pm		Total Body Toning 6:30-7:30pm
	Boot Camp 6:30-7:30pm		Boot Camp 6:30-7:30pm	

Interval Insanity: A full body workout using ply metrics and sports drills intervals. Mix It Up: Each class will be a different style such as Boot Camp, Fitness Kickboxing, Interval Training, Step, Hi/Lo aerobics. A variety of equipment will be used. FAB (50 and beyond) Ladies Only: Strength and cardio training program. Move Strong, Move Fit for Seniors: Gain greater mobility, balance and strength for your everyday activities.

