

FMI

Winter 2016 Fitness Classes

383-6988

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

6:00-6:40 am	Indoor Cycling (fee) 		Indoor Cycling (fee) 		Indoor Cycling (fee) 	
	Yoga 8:00am 	Fit 8:30am 	HipPop Fitness Dance Class 8:00am 	Fit 8:30am 	Yoga 8:00am 	
9:30-10:15 am	Silvercise 	SilverSneakers Circuit 	Silvercise 	SilverSneakers Circuit 		ZUMBA FITNESS 10:00- 11:00 am 
10:30am		Fusion 45 		Fusion 45 		
12:10	H.I.I.T. the Kettle 	Indoor Cycling (fee) 	H.I.I.T. the Kettle 	Indoor Cycling (fee) 		
4:30 pm	Fusion 45 		Fusion 45 	ZUMBA FITNESS 	A fitness center for everyone Wellness Center 	
5:30 pm	ZUMBA FITNESS 	HipPop Fitness Dance Class 	Yoga 	Body Pump Strength Training	Classes Free with Membership. Unlimited Classes \$20/month. Or \$3.00 per individual Class.	