

FOREVER FIT Classes

Classes are held in Studio 1 unless otherwise indicated.

Winter: 1/2/07 - 4/1/07

MON	TUE	WED	THU	FRI
	9:00 - 9:45 SilverSneakers® II Cardio Circuit <i>Mary Beth - studio 2</i>		9:00 - 9:45 SilverSneakers® II Cardio Circuit <i>Denise - studio 2</i>	
10:05 - 11:00 Strength Training <i>Maureen - studio 2</i>	10:15 - 10:45 Gentle Spin* <i>Terry - Spin Studio</i>	10:05 - 11:00 Strength Training <i>Terry - studio 2</i>	10:15 - 10:45 Gentle Spin* <i>Maureen - Spin studio</i>	10:15 - 11:15 Tai Chi Ch'uan <i>Jerry - studio 2</i>
11:00 - 12:00 Yoga <i>Beginner Level</i> <i>Racheal - studio 2</i>	11:00 - 12:00 Tap Class <i>Darlene - studio 2</i>	11:00 - 12:00 Yoga <i>Beginner Level</i> <i>Racheal - studio 2</i>		11:05 - 11:50 FF Low Impact <i>All Fitness Levels</i> <i>Andrea</i>
11:05 - 11:50 FF Low Impact <i>All Fitness Levels</i> <i>Sue</i>	11:00 - 12:00 Tai Chi Ch'uan <i>Jerry</i>	11:05 - 11:50 FF Low Impact <i>All Fitness Levels</i> <i>Megan</i>	11:15 - 12:15 Tai Chi Ch'uan <i>Jerry</i>	11:15 - 12:15 Tap Class <i>Darlene - studio 2</i>
	12:00 - 1:30 Line Dancing <i>(Beginner)</i> <i>Bettie-Jeanne</i>		12:30 - 1:15 Forever Fit Aqua Fitness <i>Dixie</i> <i>held in the POOL</i>	12:45 - 1:30 SilverSneakers® I Muscular Strength <i>Maureen - studio 2</i>
12:45 - 1:30 SilverSneakers® I Muscular Strength <i>Barbara - studio 2</i>	12:30 - 1:15 Forever Fit Aqua Fitness <i>Bonnie</i> <i>held in the POOL</i>	12:45 - 1:30 SilverSneakers® I Muscular Strength <i>Barbara - studio 2</i>	12:30 - 2:00 Line Dancercise <i>(Faster Paced)</i> <i>Bettie-Jeanne</i>	
	1:30 - 2:15 Aqua Circuit <i>Bonnie</i> <i>held in the POOL</i>	1:30 - 2:30 Tai Chi Ch'uan <i>Jerry</i>	1:30 - 2:15 Aqua Circuit <i>Dixie</i> <i>held in the POOL</i>	
1:45 - 2:30 Arthritis Class <i>Barbara</i> <i>held in the POOL</i>	1:30 - 3:00 Intermediate Line Dancing <i>Bettie-Jeanne</i>	1:45 - 2:30 Arthritis Class <i>Barbara</i> <i>held in the POOL</i>		

COURT HOUSE *Plus*
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*Sign up required, see the front desk.

Schedule Forever Fit Summer 2006 Portrait.xls