

# FOREVER FIT Classes

Classes are held in Studio 1 unless otherwise indicated.

Summer: 6/21/10 - 9/5/10

MON	TUE	WED	THU	FRI
	<b>9:00 - 9:45</b> <b>SilverSneakers®</b> Cardio Circuit <i>Mary Beth - studio 2</i>		<b>9:00 - 9:45</b> <b>SilverSneakers®</b> Cardio Circuit <i>Anne - studio 2</i>	
<b>10:05 - 10:55</b> <b>Strength Training</b> <i>Katrina - studio 2</i>	<b>9:00 - 10:00</b> <b>Latin Rhythms</b> <i>Darlene - Gym</i>	<b>10:05 - 10:55</b> <b>Strength Training</b> <i>Jodi - studio 2</i>	<b>9:05 - 10:00</b> <b>Stretch</b> <i>Darlene</i>	<b>10:05-11:00</b> <b>Zumba/Group Groove**</b> <i>Nikki - Gym</i>
<b>11:00 - 12:00</b> <b>Yoga</b> <i>All Levels</i> <i>Racheal - studio 2</i>	<b>10:05-11:00</b> <b>Stretch</b> <i>Darlene</i>	<b>11:00 - 12:00</b> <b>Yoga</b> <i>All Levels</i> <i>Maryann - studio 2</i>	<b>10:05-11:05</b> <b>Dance Rhythms</b> <i>Darlene - Gym</i>	<b>**Alternating weekly</b>
<b>11:10 - 11:55</b> <b>Low Impact</b> <i>All Levels</i> <i>Jennifer</i>	<b>11:00-12:00</b> <b>Tap Class</b> <i>Darlene - Studio 2</i>		<b>11:15 - 12:15</b> <b>Tap Class</b> <i>Darlene - Studio 2</i>	
	<b>11:05 -12:05</b> <b>Tai Chi Ch'uan</b> <i>Jerry</i>		<b>11:15 - 12:15</b> <b>Tai Chi Ch'uan</b> <i>Jerry</i>	
<b>12:45 - 1:30</b> <b>SilverSneakers®</b> Muscular Strength <i>Barbara - studio 2</i>	<b>1:00 - 2:00</b> <b>Complete</b> <b>Aqua Fitness</b> <i>Bonnie</i> <i>held in the POOL</i>	<b>12:45 - 1:30</b> <b>SilverSneakers®</b> Muscular Strength <i>Barbara - studio 2</i>	<b>1:00 - 2:00</b> <b>Complete</b> <b>Aqua Fitness</b> <i>Lizzie</i> <i>held in the POOL</i>	
<b>1:45 - 2:30</b> <b>Arthritis Class</b> <i>Barbara</i> <i>held in the POOL</i>		<b>1:45 - 2:30</b> <b>Arthritis Class</b> <i>Barbara</i> <i>held in the POOL</i>		<b>1:45 - 2:30</b> <b>Arthritis Class</b> <i>Lizzie</i> <i>held in the POOL</i>



**COURT HOUSE PLUS**  
**Fitness & Wellness Center**

**(860) 649-0597**  
[www.courthouseplus.com](http://www.courthouseplus.com)

\*Sign up required, see the front desk.

Schedule Forever Fit Summer 2006 Portrait.xls