



SilverSneakers Classic Level 1: Monday 9:30 - 10:30 am
 Thursday 1:00 - 2:00 pm

SilverSneakers Circuit Level 2: Tuesday 10:30 - 11:30 am
 Friday 10:00 - 11:00 am

SilverSneakers Splash Classes

Monday 10:30 - 11:30 am

Tuesday 10:30 - 11:30 am

Wednesday 8:15 - 9:00 am

Thursday 10:30 - 11:30 am

Friday 8:15 - 9:00 am

SilverSneakers Yoga

Tuesday 11:30 - 12:30 pm



Revised 01/06/2019