

SUMMER DROP-IN Fitness Schedule

Monday, June 18th – Friday, August 10th 2018

No classes Monday, July 2nd or Monday, August 6th

Monday	Tuesday	Wednesday	Thursday	Friday
Fitness Room 8:30 am - 4:00 pm	Fitness Room 8:30 am - 4:00 pm	Fitness Room 8:30 am - 4:00 pm <i>Closed 9:15 – 10:45</i>	Fitness Room 8:30 am – 4:00 pm	Fitness Room 8:30 am - 4:00 pm
9:30 a.m. <i>Golf League</i> <i>*Locations, fees and times vary</i>	9:30 a.m. <i>Baseball League</i> <i>*Locations vary</i>	9:00 a.m. <i>Walking Club</i> <i>\$1.50 Drop-In</i>		
9:30—10:30 <i>Fusion Fit</i> <i>(no class July 2 or August 6)</i>		9:30—10:30 <i>CIRCUIT Class</i>	9:00 - 10:00 <i>TBW</i> FREE	9:30-10:30 <i>Osteo FIT</i>
			10:00 – 11:00 <i>Intermediate Clogging</i>	9:30-10:30 <i>Zumba Gold</i>
		10:30—11:30 <i>Line Dancing</i> Last Class June 27th		
11:00 – 12:00 VON <i>SMART Program</i> FREE <i>(no class July 2 or August 6)</i>			11:00 – 12:00 VON <i>SMART Program</i> FREE <i>(no class July 5 or August 9)</i>	11:00 –12:00 <i>Gentle Yoga</i>

FREE WEEKS Fitness Schedule

Monday, August 13th – Friday, August 31st, 2018

Monday	Tuesday	Wednesday	Thursday	Friday
Fitness Room 8:30 am - 4:00 pm	Fitness Room 8:30 am - 4:00 pm	Fitness Room 8:30 am - 4:00 pm	Fitness Room 8:30 am – 4:00 pm	Fitness Room 8:30 am - 4:00 pm
9:30 a.m. <i>Golf League</i> <i>*Locations, fees and times vary</i>	9:30 a.m. <i>Baseball League</i> <i>*Locations vary</i>	9:00 a.m. <i>Walking Club</i> <i>\$1.50 Drop-In</i>		
	9:00 - 10:00 <i>TBW</i> <i>FREE</i>		9:00 - 10:00 <i>TBW</i> <i>FREE</i>	
11:00 – 12:00 VON <i>SMART Program</i> FREE			11:00 – 12:00 VON <i>SMART Program</i> FREE	

AUGUST FREE WEEKS PROMOTION

For every FREE VON or TBW class you attend
from August 13th to August 31st,
you will be entered into a draw to win a
FREE 6 CLASS FITCARD!

To get a ballot, you must visit the FRONT DESK
before or after class.