

# FREE WEEKS Fitness Schedule

Monday, August 13<sup>th</sup> – Friday, August 31<sup>st</sup>

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Fitness Room</b> 8:30 am - 4:00 pm	<b>Fitness Room</b> 8:30 am - 4:00 pm	<b>Fitness Room</b> 8:30 am - 4:00 pm	<b>Fitness Room</b> 8:30 am – 4:00 pm	<b>Fitness Room</b> 8:30 am - 4:00 pm
<b>9:30 a.m.</b> <i>Golf League</i> <i>*Locations, fees and times vary</i>	<b>9:30 a.m.</b> <i>Baseball League</i> <i>*Locations vary</i>	<b>9:00 a.m.</b> <i>Walking Club</i> <i>\$1.50 Drop-In</i>		
	<b>9:00 - 10:00</b> <i>TBW</i> <i>FREE</i>		<b>9:00 - 10:00</b> <i>TBW</i> <i>FREE</i>	
				<b>11:15-12:15</b> <i>Gentle Yoga</i> <i>FREE</i>
<b>11:00 – 12:00</b> <b>VON</b> <i>SMART Program</i> <i>FREE</i>			<b>11:00 – 12:00</b> <b>VON</b> <i>SMART Program</i> <i>FREE</i>	

**\*AUGUST FREE WEEKS PROMOTION\***

For every FREE VON, TBW or Yoga class you attend from August 13<sup>th</sup> to August 31<sup>st</sup>, 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.

# FALL INTO FITNESS Schedule

Tuesday, September 4<sup>th</sup> - Friday, October 26<sup>th</sup>

PROGRAM REGISTRATION BEGINS - MONDAY, AUGUST 20<sup>TH</sup> @ 8:30AM

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Fitness Room</b> 8:30 am - 4:00 pm <u>Closed 9:45-11:00</u> <u>Closed 5:30-6:45</u>	<b>Fitness Room</b> 8:30 am - 4:00 pm	<b>Fitness Room</b> 8:30 am - 4:00 pm <u>Closed 8:30-9:30</u>	<b>Fitness Room</b> 8:30 am - 4:00 pm <u>Closed 5:30-6:45</u>	<b>Fitness Room</b> 8:30 am - 4:00 pm <u>Closed 8:30-9:30</u>
<b>9:30 a.m.</b> Golf League *Locations, fees and times vary		<b>9:00 a.m.</b> Walking Club \$1.50 Drop-In		
<b>NEW!</b> <b>8:45-9:15</b> Cardio Express	<b>9:00 - 10:00</b> TBW FREE	<b>NEW!</b> <b>8:45-9:15</b> Weight Wednesday	<b>9:00 - 10:00</b> TBW FREE	<b>NEW!</b> <b>8:45-9:15</b> Cardio Express
Fusion Fit 9:30-10:30				
<b>10:00-10:45</b> DrumFIT *Registered 6-	<b>9:15-10:15</b> Chair Yoga	<b>9:45-10:30</b> Beginner Line Dancing		<b>9:30-10:30</b> Zumba Gold
<b>11:00-12:00</b> Restorative Yoga *Registered 6- week Program	<b>10:30-11:30</b> Intermediate Yoga with Elizabeth *Registered 7-week Program	<b>10:30-11:30</b> Intermediate Line Dancing	<b>10:30-11:30</b> Beginner Yoga with Elizabeth *Registered 7-week Program	<b>9:30-10:30</b> OsteoFIT
<b>11:00 - 12:00</b> VON SMART Program FREE			<b>11:00 - 12:00</b> VON SMART Program FREE	<b>11:00-12:00</b> Gentle Yoga
	<b>NEW!</b> <b>1:30pm</b> Urban Pole Walking Group *see note on pg. 26		<b>3:45-4:45</b> Appalachian Clogging	
<b>5:30-6:30</b> CIRCUIT Class			<b>TBD</b> Barbell Muscle	
<b>6:15-7:00</b> Beginners <b>7:00-7:45</b> Intermediate Line Dancing				