

Adult Group Schedule

Group Exercise Room

Starts

SilverSneakers® - Cardio Circuit	8:00 AM
Expression Through Movement*	9:00 AM
YogaFLOW*	10:30 AM
Balance & Beyond*	11:45 AM
New Forest® T'ai Chi*	12:00 PM
SilverSneakers® - Strength & Movement	1:30 PM
Circuit Class*	2:00 PM
Evening Circuit Class	5:30 PM
YogaFLOW	5:00 PM
YogaFLOW	5:30 PM

*Class offered on a quarterly basis. Check specific class schedule for dates and times.

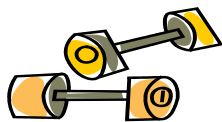
Krank Cycle Room

Starts

Krank	7:00 AM
Krank	11:30 AM
Krank	5:00 PM

Fieldhouse

Walk & Roll	11:30 AM
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**Fitness with
 friends!**

up Exercise edule

Ends	Monday	Tuesday	Wednesday	Thursday	Friday
8:45 AM		↙		↙	
10:00 AM				↙	
11:15 AM	↙		↙		↙
12:15 PM	↙		↙		
1:00 PM		↙		↙	
2:15 PM	↙		↙		
3:00 PM		↙		↙	
6:30 PM		↙			
6:00 PM	↙				
6:30 PM				↙	

Ends	Monday	Tuesday	Wednesday	Thursday	Friday
7:45 AM	↙		↙		↙
12:15 PM	↙		↙		↙
5:45 PM		↙		↙	

12:15 PM	↙		↙		↙
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