

Active Adults 55+ Group X Fitness Schddule Effective 6.28.21

updated 6.28.21

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:00 AM Silver Sneakers Susan Kensington 352001	8:00 AM Golden Age Yoga Tammy Studio A 352002	7:00 AM Silver Sneakers Susan Kensington 352001	8:00am Silver Sneakers Gen Kensington 352001	7:00 AM Silver Sneakers Susan Kensington 352001	9:15 AM Silver Sneakers Gina Kensington 352001
8:00am Silver Sneakers Gen Kensington 352001	9:00am Silver Sneakers Tammy Kensington 352001	8:00 AM Golden Age Yoga Tammy Kensington 350002	9:00am Silver Sneakers Gen Kensington 352001	8:00 AM Golden Age Yoga Tammy Studio A 352002	
9:00am Silver Sneakers Peggy Kensington 352001		8:00 AM Silver Sneakers Gen Studio B 352001	9:00am Tai Chi Joe Studio B 342021	9:00am Silver Sneakers Peggy Kensington 352001	
		9:00am Silver Sneakers Gen Studio B 352001		9:30 am(45) Chair Yoga Tammy Studio A 352003	
				10:30 AM Tai Chi Joe Studio B 342021	



- *15 Participants Per Class*
- *Schedule subject to change without notice*
- *No holding spots for other participants*
- *Silver Sneakers members may only take Silver Sneakers Classes. Silver Sneakers members may upgrade to a COREFIT membership to take additional classes.*

