



# SENIOR FITNESS CLASS SCHEDULE

CLASS	DAY	TIME	LOCATION
<b>Silver Sneakers</b>	<b>Monday</b>	<b>11:45a-12:30p</b>	<b>Fry-Studio 2</b>
<b>Silver Sneakers</b>	<b>Wednesday</b>	<b>11:45a-12:30p</b>	<b>Fry-Studio 2</b>
<b>Active Older Adults (AOA) Senior Strength</b>	<b>Wednesday</b>	<b>11:45a-12:30p</b>	<b>Fry-Studio 1</b>
<b>Gentle Yoga</b>	<b>Thursday</b>	<b>7:00a-7:40a</b>	<b>Fry-Studio 1</b>
<b>Silver Sneakers</b>	<b>Friday</b>	<b>11:45a-12:30p</b>	<b>Fry-Studio 2</b>
<b>Active Older Adults (AOA) Senior Strength</b>	<b>Friday</b>	<b>11:45a-12:30p</b>	<b>Fry-Studio 1</b>

Our Senior Fitness classes are designed to help older adults live healthy, active lifestyles. **Get fit, have fun, make friends!**