

Fitness Class Schedule 9/7 - 9/11

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

All Classes Canceled for Labor Day!	FFIT 8-8:30 S/Z		FFIT 8-8:30 S/Z	
	Better Balance 3 S 9:15-9:45	Seated FFIT S 9-9:30	Better Balance 3 S 9:15-9:45	
	Better Balance 2 S 10:15-10:45		Better Balance 2 S 10:15-10:45	
	Better Balance 1 S 11-11:30	Aqua Fitness Pool 11:15-12:00	Better Balance 1 S 11-11:30	
	Aqua Fitness Pool 1:15-2:00	Cardio Strength S 1:15-2:00		
	Parkinsons S 3:30 - 4:15		zoom.us/my/juliebfit passcode 1955	



TR = Trillium

GL = Glacier Lilly

S/Z = Fitness Studio and Zoom

TA = Terrace Auditorium

S = Fitness Studio

MP = Manor MultiPurpose Room