



Fitness Class Schedule

Classes

Location

CMR-Commons Community Rm

VS Studio-Village Square Fitness Studio

Monday

9:00 SilverSneaker Classic
 10:15 Silver Sneaker Classic
 10:15 Chair Volleyball
 11:15 SilverSneaker Stability
 4:00 SilverSneaker BOOM Muscle

CMR
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 VS Studio
 CMR
 VS Studio

Tuesday

9:15 Tai Chi for Fitness
 10:15 Chair Volleyball
 11:30 SilverSneaker Yoga Stretch
 1:30 Line Dancing

VS Studio
 VS Studio
 VS Studio
 VS Studio

Wednesday

9:00 SilverSneaker Classic
 10:15 Silver Sneaker Classic
 10:15 Chair Volleyball
 11:15 SilverSneaker Stability
 1:00 Beginner Pickleball
 4:00 SilverSneaker BOOM Muscle

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Thursday

9:15 Tai Chi for Fitness
 10:15 Chair Volleyball
 11:30 SilverSneaker Yoga Stretch
 1:30 SilverSneaker Stability

VS Studio
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 VS Studio
 VS Studio

Friday

9:00 SilverSneaker Classic
 10:15 Silver Sneaker Classic

CMR
 CMR

Classes are 45 minutes in duration

Village Square Strength Training Studio

Supervised Fitness Hours

Monday & Wednesday 1:00 – 3:00 pm | Thursdays 9:00 – 11:00 am

Updated 1/2019