

# In-Person & Virtual Class Schedule

Effective 01.16.23



MON	TUE	WED	THU	FRI
<b>9:00 am</b> SilverSneakers® Classic	<b>9:00 am</b> Balance Matters	<b>9:00 am</b> SilverSneakers® Classic	<b>9:00 am</b> Balance Matters	<b>9:00 am</b> SilverSneakers® Classic
<b>9:00 am</b> SilverSneakers® Classic	<b>10:00 am</b> Chair Volleyball	<b>9:00 am</b> SilverSneakers® Classic	<b>10:00 am</b> Chair Volleyball	<b>9:10 am</b> SilverSneakers® Classic
<b>10:00 am</b> Chair Volleyball	<b>11:30 am</b> SilverSneakers® Chair Yoga	<b>10:00 am</b> Chair Volleyball	<b>11:30 am</b> SilverSneakers® Chair Yoga	<b>10:00 am</b> Chair Volleyball
<b>1:00 pm</b> Drum Beats	<b>12:30 pm</b> Golden Barre	<b>11:15 am</b> Circuit Training	<b>3:00 pm</b> SilverSneakers® EnerChi	<b>11:15 am</b> Circuit Training
<b>3:00 pm</b> Golden Orbit	<b>2:00 pm</b> Golden Stix	<b>1:00 pm</b> Off the Hook	• Classes are 30-45 minutes in duration • Wellness instructors are subject to change without notification • Chair Volleyball will be 45 minutes on Wednesdays and Fridays • Unless otherwise specified, classes will take place in Village Square	■ Classes offered in-person ONLY ■ Classes offered in-person AND virtually ■ Classes held at Village Commons Community Room (all members welcome) ■ Classes are for Robust Members ONLY
	<b>3:00 pm</b> SilverSneakers® EnerChi	<b>2:15 pm</b> Old Fashioned Gym Class		

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