

In-Person & Virtual Class Schedule

| MON | TUE | WED | THU | FRI |
|---|--|---|---|---|
| <div style="background-color: #4a7ebb; color: white; padding: 5px; text-align: center;">9:00 - 9:45 am</div> <div style="background-color: #f2f2f2; padding: 10px; text-align: center;">SilverSneakers® Classic</div> | <div style="background-color: #333; color: white; padding: 5px; text-align: center;">9:00 - 9:30 am</div> <div style="background-color: #f2f2f2; padding: 10px; text-align: center;">Balance Matters</div> | <div style="background-color: #4a7ebb; color: white; padding: 5px; text-align: center;">9:00 - 9:45 am</div> <div style="background-color: #f2f2f2; padding: 10px; text-align: center;">SilverSneakers® Classic</div> | <div style="background-color: #333; color: white; padding: 5px; text-align: center;">9:00 - 9:30 am</div> <div style="background-color: #f2f2f2; padding: 10px; text-align: center;">Balance Matters</div> | <div style="background-color: #4a7ebb; color: white; padding: 5px; text-align: center;">9:00 - 9:45 am</div> <div style="background-color: #f2f2f2; padding: 10px; text-align: center;">SilverSneakers® Classic</div> |
| <div style="background-color: #333; color: white; padding: 5px; text-align: center;">10:00 - 11:30 am</div> <div style="background-color: #f2f2f2; padding: 10px; text-align: center;">Chair Volleyball</div> | <div style="background-color: #333; color: white; padding: 5px; text-align: center;">10:00 - 11:30 am</div> <div style="background-color: #f2f2f2; padding: 10px; text-align: center;">Chair Volleyball</div> | <div style="background-color: #333; color: white; padding: 5px; text-align: center;">10:00 - 11:30 am</div> <div style="background-color: #f2f2f2; padding: 10px; text-align: center;">Chair Volleyball</div> | <div style="background-color: #333; color: white; padding: 5px; text-align: center;">10:00 - 11:30 am</div> <div style="background-color: #f2f2f2; padding: 10px; text-align: center;">Chair Volleyball</div> | <div style="background-color: #333; color: white; padding: 5px; text-align: center;">10:00 - 11:30 am</div> <div style="background-color: #f2f2f2; padding: 10px; text-align: center;">Chair Volleyball</div> |
| <div style="background-color: #e67e22; color: white; padding: 5px; text-align: center;">11:30 am - 12:15 pm</div> <div style="background-color: #f2f2f2; padding: 10px; text-align: center;">Drum Beats</div> | <div style="background-color: #a52a2a; color: white; padding: 5px; text-align: center;">11:30 am - 12:30 pm</div> <div style="background-color: #f2f2f2; padding: 10px; text-align: center;">Yoga with Shelly</div> | <div style="background-color: #e67e22; color: white; padding: 5px; text-align: center;">11:30 am - 12:00 noon</div> <div style="background-color: #f2f2f2; padding: 10px; text-align: center;">Circuit Training</div> | <div style="background-color: #a52a2a; color: white; padding: 5px; text-align: center;">11:30 am - 12:30 pm</div> <div style="background-color: #f2f2f2; padding: 10px; text-align: center;">Yoga with Shelly</div> | <div style="background-color: #e67e22; color: white; padding: 5px; text-align: center;">11:30 am - 12:00 noon</div> <div style="background-color: #f2f2f2; padding: 10px; text-align: center;">Circuit Training</div> |
| <div style="background-color: #333; color: white; padding: 5px; text-align: center;">1:00 - 1:30 pm</div> <div style="background-color: #f2f2f2; padding: 10px; text-align: center;">Golden Orbit</div> | <div style="background-color: #333; color: white; padding: 5px; text-align: center;">12:30 - 1:00 pm</div> <div style="background-color: #f2f2f2; padding: 10px; text-align: center;">Golden Barre with Shelly</div> | <div style="background-color: #333; color: white; padding: 5px; text-align: center;">1:00 - 1:30 pm</div> <div style="background-color: #f2f2f2; padding: 10px; text-align: center;">Off the Hook Kickboxing</div> | <div style="background-color: #333; color: white; padding: 5px; text-align: center;">3:00 - 3:30 pm</div> <div style="background-color: #f2f2f2; padding: 10px; text-align: center;">Tai Chi with Richie</div> | <div style="background-color: #a52a2a; color: white; padding: 5px; text-align: center;">1:00 - 1:45 pm</div> <div style="background-color: #f2f2f2; padding: 10px; text-align: center;">SilverSneakers® Classic</div> |
| <div style="background-color: #a52a2a; color: white; padding: 5px; text-align: center;">1:30 - 2:15 pm</div> <div style="background-color: #f2f2f2; padding: 10px; text-align: center;">SilverSneakers® Classic</div> | <div style="background-color: #333; color: white; padding: 5px; text-align: center;">3:00 - 3:30 pm</div> <div style="background-color: #f2f2f2; padding: 10px; text-align: center;">Tai Chi with Richie</div> | <div style="background-color: #a52a2a; color: white; padding: 5px; text-align: center;">1:30 - 2:15 pm</div> <div style="background-color: #f2f2f2; padding: 10px; text-align: center;">SilverSneakers® Classic</div> | | |
| <div style="background-color: #333; color: white; padding: 5px; text-align: center;">3:00 - 3:30 pm</div> <div style="background-color: #f2f2f2; padding: 10px; text-align: center;">Drum Stix</div> | | | | |

- Classes offered in-person (Village Square Fitness Studio)
- Classes offered in-person (Village Square Fitness Studio) AND virtually
- Classes offered in-person (Village Commons Community Room)
- Classes are for Robust Members only

23.0108