

Fitness and Strength Training Class Schedule

MON	TUE	WED	THU	FRI
<div>9:00 - 9:45 am</div> <div>SilverSneakers® Classic</div>	<div>9:00 - 9:30 am</div> <div>Better Balance and Strength</div>	<div>9:00 - 9:45 am</div> <div>SilverSneakers® Classic</div>	<div>9:00 - 9:30 am</div> <div>Better Balance and Strength</div>	<div>9:00 - 9:45 am</div> <div>SilverSneakers® Classic</div>
<div>10:00 - 11:15 am</div> <div>Chair Volleyball</div>	<div>10:00 - 11:15 am</div> <div>Chair Volleyball</div>	<div>10:00 - 11:15 am</div> <div>Chair Volleyball</div>	<div>10:00 - 11:15 am</div> <div>Chair Volleyball</div>	<div>10:00 - 11:15 am</div> <div>Chair Volleyball</div>
<div>11:00 - 11:45 am</div> <div>Group Training</div>	<div>11:30 am - 12:15 pm</div> <div>Mat Yoga</div>	<div>11:30 am - 12:00 noon</div> <div>Cardio and Kickboxing</div>	<div>11:45 am - 12:30 pm</div> <div>Chair Yoga</div>	<div>2:30 - 3:15 pm</div> <div>Group Training</div>
<div>1:30 - 2:30 pm</div> <div>Line Dancing <i>1st and 2nd Mondays of the month</i></div>	<div>12:30 - 1:00 pm</div> <div>Barre/Pilates Mix</div>		<div>3:00 - 3:30 pm</div> <div>Mindful Chair Meditation</div>	
<div>3:00 - 3:30 pm</div> <div>Drum Stix</div>	<div>3:00 - 3:30 pm</div> <div>Tai Chi Meditation-in-Motion</div>			



Classes offered in the Village Square Fitness Studio



Classes offered in the Village Commons Community Room



Classes offered in the Village Square Strength Training Studio for Robust Upgrade participants only