

Fitness and Strength Training 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;">Better Balance and Strength</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;">Better Balance and Strength</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 - 11:15 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 - 11:15 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 - 11:15 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 - 11:15 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 - 11:15 am</div> <div style="background-color: #f2f2f2; padding: 10px; text-align: center;">Chair Volleyball</div>
<div style="background-color: #d9534f; color: white; padding: 5px; text-align: center;">11:00 - 11:45 am</div> <div style="background-color: #f2f2f2; padding: 10px; text-align: center;">Group Training</div>	<div style="background-color: #333; color: white; padding: 5px; text-align: center;">11:30 am - 12:15 pm</div> <div style="background-color: #f2f2f2; padding: 10px; text-align: center;">Mat Yoga</div>	<div style="background-color: #4a7ebb; color: white; padding: 5px; text-align: center;">11:45 am - 12:30 pm</div> <div style="background-color: #f2f2f2; padding: 10px; text-align: center;">Chair Yoga</div>	<div style="background-color: #333; color: white; padding: 5px; text-align: center;">11:30 am - 12:00 noon</div> <div style="background-color: #f2f2f2; padding: 10px; text-align: center;">Cardio and Kickboxing</div>	<div style="background-color: #4a7ebb; color: white; padding: 5px; text-align: center;">11:45 am - 12:30 pm</div> <div style="background-color: #f2f2f2; padding: 10px; text-align: center;">Chair Yoga</div>
<div style="background-color: #333; color: white; padding: 5px; text-align: center;">1:30 - 2:30 pm</div> <div style="background-color: #f2f2f2; padding: 10px; text-align: center;">Line Dancing <i>first and second Mondays of the month</i></div>	<div style="background-color: #4a7ebb; color: white; padding: 5px; text-align: center;">12:45 - 1:30 pm</div> <div style="background-color: #f2f2f2; padding: 10px; text-align: center;">Barre/Pilates Mix</div>		<div style="background-color: #4a7ebb; color: white; padding: 5px; text-align: center;">11:45 am - 12:30 pm</div> <div style="background-color: #f2f2f2; padding: 10px; text-align: center;">Chair Yoga</div>	<div style="background-color: #d9534f; color: white; padding: 5px; text-align: center;">2:30 - 3:15 pm</div> <div style="background-color: #f2f2f2; padding: 10px; text-align: center;">Group Training</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>	<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 Meditation-in-Motion</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 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