

Fitness and Strength Training Class Schedule

MON	TUE	WED	THU	FRI
<div>9:00 - 9:45 am</div> <div>Functional Fitness</div>	<div>9:00 - 9:30 am</div> <div>Better Balance and Strength</div>	<div>9:00 - 9:45 am</div> <div>Functional Fitness</div>	<div>9:00 - 9:30 am</div> <div>Better Balance and Strength</div>	<div>9:00 - 9:45 am</div> <div>Functional Fitness</div>
<div>9:00 - 9:45 am</div> <div>Flex n' Flow</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>11:45 am - 12:30 pm</div> <div>Chair Yoga</div>	<div>11:00 - 11:45 am</div> <div>Flex n' Flow</div>	<div>11:45 am - 12:30 pm</div> <div>Chair Yoga</div>	<div>10:00 - 11:00 am</div> <div>Disc Golf</div>
<div>11:30 am - 12:00 noon</div> <div>Tai Chi Meditation-in-Motion</div>	<div>12:45 - 1:15 pm</div> <div>Barre/Pilates Mix</div>	<div>11:30 am - 12:00 noon</div> <div>Cardio Kickboxing</div>	<div>2:15 - 3:00 pm</div> <div>Short Circuit</div>	<div>11:30 am - 12:00 noon</div> <div>Tai Chi Meditation-in-Motion</div>
<div>2:00 - 2:45 pm</div> <div>Group Training</div>	<div>1:30 - 2:15 pm</div> <div>Drum Stix</div>	<div>2:30 - 3:00 PM</div> <div>Rhythm on Replay</div>		<div>2:00 - 2:45 pm</div> <div>Group Training</div>
<div>3:00 - 3:45 pm</div> <div>Drum Stix</div>	<div>2:15 - 3:00 pm</div> <div>Karate for Wellness</div>			

Classes offered in the Village Square Fitness Studio

Messiah Village Disc Golf Course, meet at first hole

Classes offered in the Village Commons Community Room