

Times	Monday	Tuesday	Wednesday	Thursday	Friday
<b>6:00am-2:00pm</b>	Fitness Center	Fitness Center	Fitness Center	Fitness Center	Fitness Center
<b>9:30am-10:30am</b>	SilverSneakers® Classic (formerly Muscular Strength) with Bonnie	SilverSneakers® Circuit (formerly Cardio Circuit) with Bonnie	SilverSneakers® Classic (formerly Muscular Strength) with Bonnie	SilverSneakers® Circuit (formerly Cardio Circuit) with Bonnie	
<b>10:00am-1:30pm</b>	Lap Swim: Limited Lane access between 11:00am-11:45am	Lap Swim	Lap Swim	Lap Swim: Limited Lane access between 11:00am-11:45am	Lap Swim
<b>10:45am-11:45am</b>		SilverSneakers® YogaStretch with Bonnie		SilverSneakers® YogaStretch with Bonnie	
<b>11:00am-11:45am</b>	Water Aerobics			Water Aerobics	