

## Fall 2024 Adult Group Fitness Schedule

Program	Cost	Days	Times	Dates
Strength	\$19.60	Tuesday	6:00pm-7:00pm	<p><b><u>Mondays</u></b>            Sept 9th—Sept 23 (3 classes)            Oct. 14— Oct 28            Nov. 4—Nov. 25</p> <p><b><u>Tuesdays</u></b>            Sept 3rd—Sept 24th            Oct. 1— Oct. 29 (5 classes)            Nov. 5—Nov. 26</p> <p><b><u>Wednesdays</u></b>            Sept 4th— Sept 25            Oct. 2—31 (5 classes)            Nov. 6—Nov 27</p> <p><b><u>Thursdays</u></b>            Sept 5th— Sept 26th            Oct. 3—Oct. 31 (5 classes)            Nov. 7 —Nov. 28</p> <p><b><u>Fridays</u></b>            Sept 6th—Sept 27th            Oct. 4—Oct 25            Nov. 8—Nov 29</p>
		Thursday	9:15am-10:15am	
Cardio Mix	\$19.60	Monday	9:15am-10:15am	
		Thursday	6:00pm-7:00pm	
Gentle Fit	\$19.60	Monday	10:30am-11:30am	
		Tuesday	12:00pm-1:00pm	
		Wednesday	10:30am-11:30am	
		Thursday	12:00pm-1:00pm	
		Friday	10:30am-11:30am	
Dance Fit	\$19.60	Wednesday	5:45pm-6:45pm	
Gotta Dance	\$19.60	Wednesday	9:15am-10:00am	
Power Zone	\$19.60	Monday	6:00pm - 6:45 pm	
		Wednesday	1:00 pm - 2:00 pm	
Yoga	\$ 19.60	Monday	12:00—1:00pm	
		Wednesday	7:00pm-8:00pm	