

	Monday	Tuesday	Wednesday	Thursday	Friday
5:30 – 6:15 am	Fit to the Core 2		Fit to the Core 2		
6:00 – 7:00 am		Fit to the Core		Fit to the Core	
8:30 – 9:15 am	Total Fit		Total Fit		Total Fit
10:30 – 11:15 am		Tai Chi		Chair Yoga	
12:00 – 1:00 pm	Aqua Circuit	Aqua Circuit	Aqua Circuit	Aqua Circuit	Ai Chi
1:15 – 2:00 pm	Sit to Fit		Sit to Fit		Sit to Fit
5:30 – 6:30 pm	Aqua Circuit	Fit to the Core Chronic Pain	Aqua Circuit	Fit to the Core Chronic Pain	