

FITNESS STUDIO CLASSES



Community Center
at Christwood

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:00 am	OPENS AT 6:00 AM	OPENS AT 6:00 AM	OPENS AT 6:00 AM	OPENS AT 6:00 AM	OPENS AT 6:00 AM	CLOSED
6:15 am						
6:30 am						
6:45 am						
7:00 am						
7:15 am						
7:30 am		7:30 - 8:15 Tai Chi				
7:45 am						
8:00 am						OPENS AT 8:00 AM
8:15 am						
8:30 am	8:30 - 9:00 Strength & Balance	8:30 - 9:00 Strong Bodies	8:30 - 9:00 Strength & Balance	8:30 - 9:00 Strong Bodies	8:30 - 9:00 Strength & Balance	
8:45 am						
9:00 am						
9:15 am	9:15 - 9:45 (Virtual) Sit & Stretch	9:15 - 9:45 Sit & Stretch	9:15 - 9:45 Sit & Stretch	9:15 - 9:45 Sit & Stretch	9:15 - 9:45 Sit & Stretch	
9:30 am						9:30 - 10:30 Align & Shine
9:45 am						
10:00 am	10:00 - 10:30 Strong Bodies	10:00 - 10:30 Step Aerobics	10:00 - 10:30 Strong Bodies	10:00 - 10:30 Step Aerobics	10:00 - 10:30 Strong Bodies	
10:15 am						
10:30 am						
10:45 am	10:45 - 11:15 Sit & Stretch		10:45 - 11:15 Sit & Stretch		10:45 - 11:15 Sit & Stretch	
11:00 am		11:00 - 12:00 Chair Yoga		11:00 - 12:00 Chair Yoga		
11:15 am						
11:30 am						
11:45 am						
12:00 pm		12:00 - 1:00 Multiple Sclerosis Class				
12:15 pm						
12:30 pm						
12:45 pm						
1:00 pm						
1:15 pm						
1:30 pm						
1:45 pm						
2:00 pm		2:00 - 3:00 Chair Tai Chi	2:00 - 2:30 Power in Motion			
2:15 pm						
2:30 pm						
2:45 pm						
3:00 pm						
3:15 pm						
3:30 pm						
3:45 pm						
4:00 pm						
4:15 pm		4:15 - 5:00 Body Strength		4:15 - 5:00 Body Strength		
4:30 pm						
4:45 pm						
5:00 pm	5:00 - 6:00 Core & Restore		5:00 - 6:00 Core & Restore			OPEN UNTIL 5:30 PM
5:15 pm		5:15 - 6:15 Yoga		5:15 - 6:15 Yoga		
5:30 pm						
5:45 pm						
6:00 pm	6:00 - 6:45 Tai Chi					
6:15 pm						
6:30 pm						
6:45 pm						
7:00 pm						CLOSED
	OPEN UNTIL 8:00 PM	OPEN UNTIL 8:00 PM	OPEN UNTIL 8:00 PM	OPEN UNTIL 8:00 PM	OPEN UNTIL 8:00 PM	